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THURSDAY AUGUST 1ST, 2019

Police operation to tackle knife crime in Barry - see page 4



**Vale of Glamorgan
Agricultural Show**
WEDNESDAY AUGUST 7TH, 2019 • FONMON CASTLE



King Square meetings over Barry Hospital

A CAMPAIGN has been launched to save a ward at Barry Hospital which is threatened with closure.

The Sam Davies ward, which is a 23-bed rehabilitation ward for older people, could close as part of NHS plans.

Cardiff and Vale University Health Board, which runs the hospital, says it wants to get the patients home more quickly because there's evidence that longer stays in hospital can lead to people's conditions getting worse.

But trade union Unison has called on Barry to defend its local health services and accused the health board of "a complete failure to properly engage with staff and the local community about its plans".

Andrew Woodman, Unison Cymru Wales regional organiser, said: "People rely on local

and easily accessible public services and they can't understand why the health board thinks it's acceptable to close the Sam Davies ward and force them to travel to health services based at Llandough or the Heath hospital.

"We are determined to resist the closure and we want everyone in Barry to join us."

Many Barry hospital healthcare workers live locally and don't drive, so redeployment will be difficult, while the health board has not promised that job losses will be avoided, the union has said.

The proposal, which would also see Llandough Hospital's 'East Two Ward' close, is part of a new model of care being considered by the health board.

Cardiff and Vale health board says there's evidence that longer lengths of stay in hospitals can lead

to conditions getting worse, to a loss of independence and greater disability. A health board meeting on July 25 was told people's views would be taken into account before a decision on the proposals was made.

Len Richards, chief executive of the health board, admitted there was some dissatisfaction among staff at what is seen as a reduction in services.

He said: "We have highlighted the potential and we will act on what we hear during the consultation."

Barry Hospital is also set to be one of three new 'health and wellbeing centres' in Cardiff and the Vale, which will provide outpatient, diagnostic imaging and community health services.

(Continued on Page 4)



Thousands flock to GlastonBarry Festival

THOUSANDS of people attended the GlastonBarry music festival over the weekend at Romilly Park. Turn to page 28 for more pictures and the full story

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Don't do council's work – you're still paying for it

ISALUTE GM over responsibility for keeping the alley clear, investing time and money in doing so. However, I have now decided I am no longer prepared to do it. When a neighbour complained to the council, he was told the chemicals previously used by them might be injurious to wildlife.

My house is separated from my neighbour's by a 'walk-through' alley, leading to an adjoining Close, which for 40 years has been kept weed-free by the Vale Council.

In recent years, however, it has become infested by weeds, at one stage, waist high.

As a result, it looks as desolate and neglected as a Western ghost town, with a noticeable increase in litter, dogs' mess, and anti-social behaviour.

It also acts as a disincentive to keeping one's own property presentable. I unofficially took

over responsibility for keeping the alley clear, investing time and money in doing so.

However, I have now decided I am no longer prepared to do it. When a neighbour complained to the council, he was told the chemicals previously used by them might be injurious to wildlife.

With yet another council responsibility quietly shelved, has anyone noticed a reduction in their council tax? Me neither.

So, please don't accede to the council's game of hoping residents will clear weeds individually. That's precisely what they are counting on people doing. They should be brought to task instead.

Colin Drury,
Dinas Powys.

GlastonBarry was 'fantastic'

CONGRATULATIONS to Matthew and Ross on another fabulous effort at this year's GlastonBarry.

The organisation and logistics involved in putting together what is effectively a small community and delivering such a fantastic product is a credit to you both.

I know that this year's event was particularly well received with some breathtaking moments, and the fact that you already have so many bookings for next year is a testament to that.

I'm told there are one or two dissenting voices amongst my neighbours here at Romilly Park, but I have to say to them that we should remember that this park belongs to all the people of Barry from every corner of the town and is not just there for those of us lucky enough to live alongside it.

Let's hope that the sun shines again on the last weekend of July next year.

Jeff Blumberg, Barry.

Readers' Letters

Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email editorial@glamorgan-gem.co.uk

Letters and e-mails MUST include your FULL address, contact telephone number. We reserve the right to edit all letters. We do NOT accept anonymous mail.

Still no joined up thinking to planning for the Vale

IT is now almost 10 years since I first wrote expressing concern about the volume of house building in Barry, and our neighbouring communities, together with a lack of investment in our infrastructure to support such expansion.

The council responded to my concerns on their Local Development Plan (LDP) in a cabinet report, page 445 of the 3,386-page Appendix 2. Their response was that infrastructure is 'not considered to be a key constraining factor'.

The town's infrastructure consists of many elements including: schools, churches, open space, leisure outlets and public health facilities, but I

want to once again to express my concern about our main highways.

In 2009, a transport assessment for the Waterfront development said that junctions on our roads were forecast to be over capacity and that was well before the implications of the LDP proposals were known.

Barry junctions included: Biglis Roundabout; Port Road/Barry Docks Link Road; Port Road roundabouts; Palmerston Road/Carrif Road; Wimborne Road/Ffordd Y Mileniwm; Weycock Cross; Morrisons, and Gladstone Road Bridge.

The council also prepared a highway impact assessment for the development plan in 2013 and that reached a very similar conclusion. The community will be able to judge what

impact that knowledge has had on those in power.

It is quite easy to subscribe to the politically correct solution of getting cars off the road, but that firstly requires an integrated public transport system as an incentive, with fewer sound bites and artist's impressions from the decision takers.

An equitable distribution of house building offering more choice to owners and tenants also seems to be beyond the capability of our planning system.

Dennis Harkus,
FocusBARRY member.

The Vale needs to be efficient in its recycling

IN his article on Page 8 of last week's GEM, Cllr Neil Moore, the Leader of the Vale Council, refers to the new recycling waste collection arrangements.

He says: 'The Vale has always had very high rates of recycling, with nearly 2/3 of our waste being recycled'. I have often wondered what exactly happens to our recycling.

A report to the Vale Council Community Liaison Committee on March 26, 2019, showed that 40 per cent of the mixed recycling was paper and of that, 80 per cent was exported to India and Indonesia. I have been told that the reason is that there is not sufficient demand in the UK for the poor quality

waste paper generated by mixed recycling.

I believe the Vale Council is far from alone in this but in my view it is wrong that we should be exporting our waste. I have been told that the new arrangements, starting in Cowbridge in October, will mean that exporting of waste paper can be stopped. This, apparently, should happen within a year once the new system has been rolled out.

The report to which I referred is available on The Vale Council website under *Our Council/ Council Structure/ Minutes Agendas Reports*. If anyone has difficulty finding the report they are welcome to contact me.

Cllr John Andrew, Cowbridge with Llanblethian Town Council.

Rural economy needs Cowbridge livestock market

THE shock news that the Cowbridge Livestock Market will cease next year is a sad day for Cowbridge and the wider rural Vale economy.

It has been supported for generations and its loss will have an impact on farming in the Vale of Glamorgan.

We are encouraged to shop, eat and support local business and producers, with buzz words such as food mileage, sustainability, reduce, reuse and recycle – in line with national, Welsh Assembly and local council policies to reduce fuel and travel

but this decision contradicts all the above and will impact on climate change.

After losing Newport market a few years ago, our next closest market will be Raglan in Monmouthshire.

Many farmers and small holders can not or will not travel that far.

After Bridgend market closed, Cowbridge market expanded and served the farming community.

I hope the Vale Council reconsider and make progress on a possible market resiting.

R G Thomas
Colwinston

Residents' summer 'Nightmare' in Jackson's Bay

LIVING near Jackson's Bay is now a nightmare. This lovely secluded beach was once only known to the local community.

Ever since someone advertised this beach on Facebook and stated that there are no parking restrictions, life for the local residents has changed dramatically over the last three years. The noise, pollution and chaos is unbearable. One has to either leave for the day or remain at home marooned – there is no residential parking.

Many of the people who visit here appear to have not had the benefit of rudimentary hygiene education, as after a hot spell, this area is littered with all sorts of rubbish, including disposable barbecues and dirty nappies; thunderstorms and heavy rain have become a blessing.

A neighbour has written several articulate letters to the council, to no avail.

What is required are councillors who are decisive and imaginative; unfortunately there appears to be no such animal.

Diane Mitchell,
Barry.

Cowbridge town walls are an asset

THE coffee shop, which begs the question 'Do we need yet another coffee shop in the town?' Trust has done excellent work in revealing the old town wall and lowering the boundary wall.

The old Market Place restaurant is itself a historic building which links into the wall.

What a pity that all this is now going to be obscured by 'The Exchange'.

Visitors will only become aware of this view if and when they go to the rear of the so-called community

Locals are hardly likely to walk to this end of town for a cup of coffee.

The eventual plan to close in the sides of the currently proposed building will only make this historic part of Cowbridge more invisible.

Yet another part of historic Cowbridge being disregarded!

C Davies,
Cowbridge.

HIGH TIDE TIMES

The high tides listed in this week's Gem are those in Porthcawl. It should be remembered that along the coast, high tides times will vary. For instance, in Barry the high point will be 20-25 minutes later.

UNTIL AUGUST 8

Date	Time	Height (metres)
01/08/2019	07.24	9.7
01/08/2019	19.44	10.1
02/08/2019	08.15	10.3
02/08/2019	20.36	10.4
03/08/2019	08.59	10.4
03/08/2019	21.22	10.5
04/08/2019	09.48	10.3
04/08/2019	22.06	10.3
05/08/2019	10.32	10.1
05/08/2019	22.53	9.9
06/08/2019	11.16	9.6
06/08/2019	22.39	9.4
07/08/2019	11.59	9.2
07/08/2019		
08/08/2019	00.28	9.1
08/08/2019	12.58	8.6

While the Gem makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

We abide by the code of practice upheld by the Independent Press Standards Organisation (IPSO). This contains provisions for issues such as accuracy.

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Local hospitals are 'overcrowded and bureaucratic'

HOSPITALS risks decreasing staff morale and increasing absenteeism, the report said.

The health board wants to replace University Hospital Wales (UHW) – the biggest hospital in the country – by 2030.

UHW, which has more than 1,000 beds, was built in 1971 and the health board deems it "no longer fit for purpose".

There are also plans for three new health and wellbeing centres at Cardiff Royal Infirmary, Barry Hospital and Whitchurch Hospital to provide outpatient, diagnostic imaging and community health services.

The health board is also opening a network of smaller well-being hubs in Maelfa, Ely and Penarth by the end of 2021 to provide primary services such as GPs, dentists, community midwives and health visitors.

Staff are also 'unaware' of the future ambitions of the health board and there is a 'lack of communication filtering through all levels of the University Health Board' which

A report by Cardiff and Vale University Health Board says a 'significant proportion' of its buildings are overcrowded and not suitable for the function they perform.

The report admits there has not been enough investment in the health board's buildings, which means services are 'regularly interrupted by estates issues and failures' and 'patient safety and experience is sometimes adversely impacted'.

The health board has also said there is a belief among staff 'that the current climate within the organisation is high in bureaucracy and low in trust'.

Staff are also 'unaware' of the future ambitions of the health board and there is a 'lack of communication filtering through all levels of the University Health Board' which

Matt Discombe
Local democracy reporter

From school kitchen to Michelin star!



Ann Morgan enjoyed spending a day at James Sommerin's restaurant.

A SCHOOL cook from the Vale has put her culinary skills to the test in the kitchen of Michelin star winning chef James Sommerin.

Ann Morgan, chef manager at St Cyres school, spent a day at the award-winning restaurant in Penarth as part of the LACA's 'Host a School Chef' project.

Ann was selected by the Vale Council to take part in the scheme after colleagues praised her outstanding work ethic, talent and team spirit.

Ann said: "I thoroughly enjoyed the experience. I learnt a lot about seasonal produce and thinking outside the box when it comes to meals. Seeing the team at work reinforced the great work we're doing at St Cyres. We're a strong and efficient team, and it made me appreciate the job I'm doing and I

wouldn't change it for the world."

Ann was welcomed by James Sommerin and his daughter, Georgia, to help prepare food for service in the multi award-winning restaurant on Penarth Esplanade. Ann hopes to transfer her new-found skills to the school environment, catering for balanced and nutritious meals for 11-18-year-olds.

Initially part of LACA's National School Meals Week events, the Host a School Chef project became so popular with school caterers and restaurateurs alike, it is now promoted as a stand-alone, year-round event.

The project allows school chefs the opportunity to gain experience in some of the country's most exclusive restaurant kitchens including The Ritz Hotel in London, Purnell's in Birmingham and The Walnut Tree in Abergavenny.

'We must avoid Hobson's Choice' – bypass campaign

A CAMPAIGN group says it welcomes a decision by the Welsh Government's cross-party Petitions Committee to ask the Vale Council to give further information on why it has not progressed with work on one of the route options for the proposed Dinas Powys bypass.

The Vale Council told The GEM it was due to "time implications, finance and resources," but the Barry to Cardiff Link Road Group says it's vital to keep both route options on the table so they can go to public consultation.

In 2017 the Petitions Committee received a petition of 3,300 signatures, pleading for a bypass to end years of traffic congestion in the village.

Retired civil engineer Roger Pattenden, of the Barry to Cardiff Link Road Group, said: "The Welsh Government's five-part WeTAG process, which applies to all transport initiatives in Wales, stipulates that the criteria must be set

against proposed options to be assessed and the likely impacts of each option.

"The draft 'Stage 2' report presented two alternative bypass routes which both start at the Merrie Harrier junction. The 'Green Route' runs via Pop Hill and the A4055 to the Biglis/MacDonald's roundabout.

"The 'Blue Route' skirts the eastern side of Sully Moors to connect with the roundabout at the junction of Sully Moors and Hayes Road.

"By failing to complete the evaluation of the Blue Route, it will not be possible to compare the value for money of the two routes. It's proposed that the public won't be consulted until next year.

Then they will be asked to comment on Hobson's Choice – one route out of one. This would appear to contravene WeTAG rules. Of course, the consultants also refer to a 'Pink Route' but this is just a variation on the Green Route, by adding a roundabout opposite the Murch."

In February 2018 Dinas Powys Community Council asked the Vale Council to widen the

scope of the study at the southern end of the corridor. It was to enable the Blue Route option to be considered because it would provide a connection via Hayes Road and across Barry Docks to Ffordd y Mileniwm. Campaigners claim this would avoid the heavily congested road between Biglis / MacDonald's roundabout and the Gladstone tunnel / Gladstone tunnel and provide a faster route between Barry and Cardiff.

The Vale Cabinet passed the request in April 2018, but in March this year, the cabinet of the time, reversed the decision on the recommendation of several members of its environment and regeneration scrutiny committee.

Rod Harrod, chair of the Barry to Cardiff Link Road Group, said: "We're not promoting any one route but with so much at stake surely it's important a proper comparison is carried out?"

"It doesn't just mean going for the cheapest or shortest route but looking at the potential advantages and snags of all alternatives.

"For example, the Blue Route allows for

a connection road to service the proposed huge estate at Cog as well as alleviating Sully traffic. That's apart from providing a catalyst for the regeneration of east Barry with nearly 200 acres of brown-field land that our consultants estimate could produce 5,000 jobs."

Cllr Neil Moore, Leader of the Vale Council, explained: "The decision not to progress further investigative work on the Blue Route for a Dinas Powys bypass was made for reasons relating to time implications, finance and resources. This was one of the recommendations when the environment and regeneration scrutiny committee considered the matter in March.

"After the council was unsuccessful in securing Welsh Government funding to complete the WeTAG stage 2 process, the council will make more than £50,000 available to complete a study into potential transport improvements for Dinas Powys. After this work has been completed, cabinet will consider the best way forward."

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Volunteers get busy to save Fonmon's duck pond



Work has begun to repair the leaks in the duck pond at Fonmon.

VOLUNTEERS have turned out in force to repair the century-old duck pond in Fonmon and restore it to its former glory.

The pond has dried out because of leaks in the surrounding wall and base, combined with a period of exceptionally low rainfall. As a result of a campaign and with permission from the pond owners, the Vale Council began the work.

Volunteers have removed stones, weeds and silt and a weir area and river bed congested with brambles and debris has been cleared.

Once completed, the Save Fonmon Pond group plan to lay a new clay base to seal the pond and prevent further leaks. Save Fonmon group chairperson Denise Cooper said: "We've had so many people tell us that they have fond memories of visiting it when they were children, and they're sad to see it not looking its best." The group is fundraising at the Vale Show on August 7 and with a Gin & Jazz evening at Fonmon Castle on September 6.

To support the project, visit the Save Fonmon Pond group on Facebook. Donations can be made via the group's donation page on www.gofundme.com or by emailing savefonmonpond@gmail.com.

'Save Sam Davies ward' campaign

(Continued from page 1)
ABIGAIL Harris, executive director of strategic planning, added: "We understand that Barry Hospital is a very well-loved community facility. "With any change on the range of services there will always be different views and concerns about what that means. We need to listen to those voices and comments."

A spokeswoman for Cardiff and Vale University Health Board said: "We understand concerns are being raised. We are in the process of talking to staff, patients and key stakeholders and following the engagement process set out by Welsh Government. "We would like to reassure staff, patients and their families that we will be engaging with the wider community following discussions with the Community Health Council on the engagement process."

Unison's 'Save Barry Hospital Ward' petition is live on the Welsh Government website. The trade union has organised two community days of action to speak to members of the public about their concerns at King Square in Barry on August 6, 9am to 3pm and Barry Island on August 31, from 10am to 4pm.

Matt Discombe,
Local democracy reporter



Vale knife crime drive – Operation Populus – will be focused on Barry

A drive against knife crime – entitled Operation Populus – was launched on July 25 to tackle knife crime in Barry, with officers targeting people who carry knives in the area.

A spokesperson for South Wales Police said: "This comes under the banner of Op Sceptre - the national policing response to tackle knife crime. "Knife crime remains rare for the vast majority of our communities, but it has risen across south Wales, along with the rest of the UK."

"Officers carried out a number of stop searches in Barry on July 25 and a 22-year-old Cardiff man was stopped by officers in Thompson Street, thanks to information from a member of the public. He was arrested on suspicion of possession with intent to supply a class C drug and has been released under investigation."

The operation will run all summer and will include the use of facial recognition technology alongside uniformed

police officers and specially-trained covert teams.

Local Policing Inspector for Barry, Scott Lloyd, said: "The aim of this operation is to pursue those carrying and using knives in a public place in Barry, and to patrol areas where there are community concerns. Knives have no place in our communities and we urge those thinking of arming themselves to think about the tragic consequences."

"Not only are you more at risk of running into danger while carrying a knife, you also run the risk of being arrested and potentially receiving a custodial sentence. The awful effects of knife crime are obvious, and for every individual involved in an incident, there are family members and friends who will be devastated."

"Families and communities can definitely play their part in helping to tackle knife crime. I would urge parents to talk to your children about the dangers of carrying knives. If you have concerns or suspicions, please tell us so we can intervene and help divert them away from knife crime."

Anyone with concerns should call the Police on 101 or 999 in an emergency. To pass on information anonymously online, visit crimestoppers-uk.org or fearless.org.



<p>A Tribute to Ariana & JoJo Thur 15 Aug 6:00pm</p>	<p>The Tina Turner Experience Sat 17 Aug 7:30pm</p>	<p>The Mersey Beatles Thur 12 Sept 7:30pm</p>	<p>56 talented performers and musicians from across the South West bring to life Britain's greatest musical</p>											
<p>Wannabe: Spice Girls Show Sat 5 Oct 7:30pm</p>	<p>Robert Temple Hypnotist Sat 12 Oct 7:30pm</p>	<p>Kast Off Kinks Tues 22 Oct 7:30pm</p>	<p>Oliver! The Musical August Family Fun Fri 23 7:30pm, Sat 24 2:30pm & 7:30pm, Sun 25 2:30pm</p>											
<p>Oye Santana Fri 8 Nov 8:00pm</p>	<p>Pop Divas Live Sat 9 Nov 6:00pm</p>	<p>Boogie Wonderland Fri 15 Nov 7:45pm</p>	<p>The Best of Queen Sat 23 Nov 7:30pm</p>	<p>Jackson Live in Concert Thu 28 Nov 7:30pm</p>										
<p>MEMO CANOLFAN Y CELFYDDYDAU MEMO ARTS CENTRE</p> <p>BARRY'S LOCAL CINEMA More live broadcasts and cinema listings online, or pop in for a leaflet</p> <p>f t i @BarryMemo #BarryCinema</p>			<p>August Cinema Highlights</p> <table border="0"> <tr> <td>Gwen (15)</td> <td>4 - 6 Aug</td> </tr> <tr> <td>NT Live: The Lehman Trilogy</td> <td>8 Aug 6:30pm</td> </tr> <tr> <td>The Lion King (PG)</td> <td>9 - 15 Aug</td> </tr> <tr> <td>Horrible Histories: Rotten Romans (PG)</td> <td>9 - 14 Aug</td> </tr> <tr> <td>Woodstock (15)</td> <td>16 Aug 7:00pm</td> </tr> </table>		Gwen (15)	4 - 6 Aug	NT Live: The Lehman Trilogy	8 Aug 6:30pm	The Lion King (PG)	9 - 15 Aug	Horrible Histories: Rotten Romans (PG)	9 - 14 Aug	Woodstock (15)	16 Aug 7:00pm
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Family's tribute to 'Mikey'

THE cyclist who was taken to the Princess of Wales Hospital following a collision with a Vauxhall Corsa on the A4063 between Llangynwyd and Coytrahan in the early hours of Sunday, July 28, sadly died as a result of his injuries on the afternoon of Monday, July 29, surrounded by his loving family.

The family of the 32-year-old man from Caerau, Maesteg, known as Mikey have paid the following tributes to him:

His ex-wife Sarah said: "My beautiful husband Michael (Mikey) and father to our three beautiful children was a rock to us all.

"He had a wicked personality, me and the kids are going to miss you dearly and wish you didn't have to go. We are going to make you so proud of us all. Be the brightest shining star in the sky so we know that you are near and are still looking after us like you always did.

"You weren't just my husband you were soul mate, a father to our beautiful babies. We had 19 years of being together and what wonderful years they were.

"I knew from the day I met you that you were the one and I was not letting

you get away. When you asked me to marry you I couldn't believe it, all my dreams had come true, and then we started our little family and ended up with three beautiful children which I know you are very proud of and that they too are proud to call you their daddy.

"You are not in pain anymore you were taken way too soon. Sleep tight to the love of my life and daddy to our babies."

Mikey's Nanny said: "Michael was the bane of my life, but I will always love him and I'm going to miss him for the rest of my life."

Michael brothers and sister also paid tribute: "Mikey was an amazing brother. He was always there to help us brothers and his sister but he was an even more amazing uncle. His niece and nephews loved him very much and we are all going to miss him so much."

Mikey's mum Cheryl said: "He was one of a kind, a loving son who will be sadly missed."

South Wales Police is continuing to investigate the collision. The 20-year-old man who was driving the Corsa was arrested on suspicion of causing death by dangerous driving and driving while over the legal limit. He has been released under investigation.

Police are appealing for witnesses to contact them on 101 and quote reference number 1900275864.

Dyffryn Gardens hosts a national charity's family event

ON July 25, families from the Vale of Glamorgan enjoyed a fantastic day out at a Family Monsters Picnic at the National Trust's Dyffryn Gardens in the Vale, hosted by national charity Family Action.

The free event was one of several Family Monsters Picnics being held across the country, including National Trust places, as part of Family Action's 150th anniversary celebrations.

The day brought together over 100 adults and children including families from Family Action's perinatal and families support services and partnership agencies.

Michelle Galleozzie from Family Action's Families Together Wales said: "The picnic was a fulfilled family day, the only noise you could hear was laughter and conversations."

Family Action hosted the picnic at the National Trust location to recognise and celebrate the two organisations' shared founder, Victorian social reformer Octavia Hill, who had a vision for everyone to be able to enjoy beautiful open

spaces and fresh air.

Family Action carried out research into family pressures, and not spending enough time together is one of the top five worries people have about their close family – pressures the charity is calling 'family monsters'. The picnics are an opportunity for families and friends to spend quality time together outdoors, have a chance to talk and visit a new location that they may not have considered before.

David Holmes CBE, chief executive of Family Action said: "Family Action would like to thank the National Trust for giving us the opportunity to host the Family Monsters Picnic at the beautiful Dyffryn Gardens."

Geraldine Donovan, general manager at Dyffryn, said: "Dyffryn has long been a place where families can come and spend quality time together in the outdoors, we are thrilled to welcome Family Action and the Family Monsters Picnic."

Construction starts on new community building at Cemetery Approach



Barry Town Council town clerk, Emily Forbes; Cllr Ian Johnson; Cllr Lis Burnett, Deputy Leader of the Vale Council; Cllr Margaret Wilkinson; Cllr Neil Moore; Barry Town Council member, Cllr Margaret Wilkinson.

CONSTRUCTION of a new community building has begun in the latest stage of redevelopment work at Cemetery Approach, jointly funded by the Vale of Glamorgan Council and Barry Town Council.

Since 2015, the two Councils have been working in partnership to improve the previously derelict site.

A Vale Council spokesperson said: "Cemetery Approach Gardens were opened in 2017 following work to transform the area into an accessible open space for the community to enjoy by introducing new landscaping, fencing, seating, planting and paving."

"The most recent work will create a building for the local community that includes a multipurpose space, kitchen area, toilets and room for storage. Contractors Willis have arrived on site to start laying foundations for the structure, which will be managed by Barry Town Council once completed."

"The latest stage of that plan involves building a facility containing amenities and storage space, which we hope will be of further benefit to those that use the area."

Barry Town Mayor, Cllr Margaret Wilkinson, said: "This community building will contribute to the Town Council's initiatives for community development in the area and will be the 'icing on the cake' sitting adjacent to the beautiful park already in place."

Return of the Pine Marten

BARRY Action for Nature will hold their next wildlife conservation talk on the return of the Pine Marten to Wales.

The Fairtrade coffee/tea morning talk will be on Saturday, August 10 from 10.30am at the All Saints' church hall. Tickets are £5 and includes a drink and biscuit.

The Pine Marten used to be native to Wales but were driven to extinction by gamekeepers.

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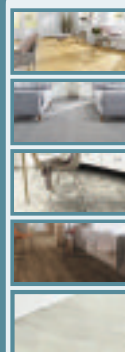
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Puppy raisers needed for Guide Dogs Cymru

A BARRY woman is urging people to become volunteer puppy raisers for Guide Dogs Cymru – and says it is the best thing she has ever done.

Barbara Scandrett is currently raising her fourth guide dog puppy, a black Labrador retriever called Diesel. He will spend his first year in Barry learning good behaviour in preparation to be a guide dog. "Diesel is only three months old but he's very responsive and picking up commands already," said Barbara.

"I used to sponsor a guide dog puppy each month and receive regular reports on its progress," said Barbara. "When an update came through the letterbox after my own dog died, it was a light bulb moment." When Diesel is old enough, he will start accompanying Barbara on walks before learning how to deal with busy environments such as shops, cafes and buses.

"When I'm out with a guide dog pup, people stop me and ask questions," said Barbara. "They wonder how you cope with handing them back to the charity after a year. It is hard, but you know they are going for a good purpose and will change someone's life."

Puppy raisers need a secure garden and access to a car and to be able to spend much of the day with the puppy. Guide Dogs supplies basic equipment and covers all veterinary and feeding expenses. There are also regular puppy classes where volunteers can swap tips. Call Jaye Connelly on 07468 711808 or email jaye.connelly@guidedogs.org.uk



It's a fine life for Barbara Scandrett who is pictured above with a guide dog puppy!

News from Penarth Aviation Society

THIS Friday, August 2, the Penarth Aviation Society will meet in the Penarth Conservative Club at 7.45pm.

The speaker will be the noted local historian Alan Thorne, who will be talking about the part Penarth played in World War Two in a talk entitled 'A Flying Visit to Penarth 1939 - 1945'.

Alan Thorne, although primarily a maritime historian, also has a wealth of knowledge about aviation in Penarth and Cardiff during the Second World War.

During World War Two, Penarth was under a major Luftwaffe flight path. German bombers flying out of bases in Normandy and Brittany flew towards the River Parrett and Bridgwater in Somerset, then Penarth, en-route to targets in the Midlands.

There were a number of airfields in the areas surrounding Penarth and Cardiff that no longer exist, such as Wenvoe and Pengam.

The Curran factory on the banks of the River Taff in Cardiff repaired parts for Blenheims and Beau fighters which were then taken to Pengam

Airport for re-assembly. These aircraft were then crated for shipping out of Newport and Cardiff docks, to allied bases around the Mediterranean.

Alan Thorne's talk will include many facts and anecdotes about Penarth's connections with the Royal Air Force, American GIs, the Luftwaffe and much more.

For those visitors wishing to attend, there is limited seating available, so pre-booking is essential.

Please contact the secretary of Penarth Aviation Society, Barrie Howell on (029) 21 322 385; mobile 07855 492 858.

Why not join the Society? We meet on the first Friday of the month at the Penarth Conservative Club. Visitors and potential members are welcome to attend a meeting, for a small donation, to sample our hospitality.

Further information from www.penarthaviationsociety.co.uk, Facebook page www.facebook.com/penarthaviationsociety.co.uk.

DE

Singing group member says, 'joining saved my life'

LESLEY Puncher, group member at With Music In Mind (WMIM) Barry was in a celebratory mood recently as she has been attending the singing and social sessions for a year.

Lesley starting coming to group after she saw the Facebook page and, after being initially nervous, found that the welcoming atmosphere and relaxed approach to singing lifted her mood and she quickly made new friends.

Lesley often tells staff and fellow singers how attending With Music In Mind saved her life.

She said: "I love With Music In Mind. I joined a year ago when I was suffering severe depression."

"TMJ was made to feel so welcome from day one and I've made so many new friends."

"Singing is fun and after refreshments there's always something else to look forward to such as talks, quizzes and Tai Chi, but most of all I love to catch up with friends and the staff."

Kate Whitestone, the WMIM managing

director said: "WMIM was set up with the aim of reducing the risk of loneliness and social isolation and improving general wellbeing."

"Having received funding from the National Lottery Community Fund to expand our groups, it's good to know that we are making a difference to people's lives."

A new group will start in Penarth in September, supported by Glamorgan Voluntary Services through the 'Supporting Older People in the Vale' funding scheme, so look out for details coming soon in The GEM.

If you feel that With Music In Mind is something you would like to try, go to www.withmusicinmind.co.uk or call 07500 776295.

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Police seek witnesses to traffic collision

SOUTH Wales Police investigating collision on the A4063 between Llangynwyd and Coytrahen, Bridgend on July 28 at approximately at 2.50am between a Vauxhall Corsa and a pedal cycle.

The cyclist was taken to Princess of Wales hospital having sustained serious injuries and the driver of the Vauxhall Corsa is assisting police with their enquiries.

Police are appealing for witnesses to the collision, or anyone who may have seen the pedal cyclist or vehicle in the area prior to the incident.

Anyone with information should contact 101 and quote reference number 1900275864.

'Gogglebox' theme for GFWI show

'GOGGLEBOX' was the theme for this year's Glamorgan Federation of Women's Institutes annual show, which was held on July 20 at The North Cornelly Community Halls.

Classes were entitled 'Wimbledon 2109', 'Call the Midwife', 'Love your Garden', 'One Man and His Dog' and 'Made in Chelsea' giving members a chance to demonstrate their many skills in craft, cookery, flower arranging, preserve making, horticulture, poetry and art.

Prizes were presented by Ann Davies, the Federation chairman.

The Swansea Cup for Best Cookery in Show was won by Rachel Watkins of Upper Killay WI. Gloria Jones of Port Talbot WI collected the Llanblethian Cup for her exquisite floral arrangement in the 'Top

of the Pops' class and she also took first prize for her very imaginative floral interpretation of 'The Great British Bake Off'. Christine Davies a member of Ynysfach WI won the Kenfig Cup for Best Preserve in Show. The Upper Killay Trophy for Best Art Work was presented to Christine Ward from Pontypridd WI, for her painting of 'One Man and His Dog'.

The Doris Richard Cup for Best Craft in Show was presented to Wendy Wright from Swansea Central WI who also won the Dilys Price Award for The Best Sugar Craft and Cold Porcelain exhibit in the show. The Port Talbot Cup for the Best Cooperative went to Ynysfach WI.

The Swansea Salver, which is awarded to the WI with over 40 members scoring the most points, was won by Tir Iarlwl.

The Bridgend Salver for WIs with between 25 and 40 members was

awarded to Ynysfach WI, and Penclawdd WI, with under 25 members, won the Cornelly Cup for scoring the most points in their class.

Angela Bending and her show committee ensured that the 900 entries were judged and displayed to perfection and visitors were impressed by the exceptionally high standard of work. She said that the show had been a huge success and work would start on preparations for 2020 after a well-earned rest over the next few days!

JE

Business Club is looking for award nominees

THE Bridgend and The Vale business club is delighted to present the BVBC awards for business at the Best Western Heronston Hotel and Spa on November 2 and local businesses are invited to nominate themselves for an award.

The nomination forms will be published next month, but are available from BVBC by email at TheBVBC@gmail.com.

The categories are: **Award for energy efficiency in business** – sponsored by Viridian UK: For striving for energy efficiency within their business and/or are taking steps to implement this; **Award for the Young Entrepreneur of the Year** – sponsored by R.McGee Insurance Broker Ltd: For those aged 18-25 who can prove they are a true entrepreneur; **Award for Best Innovation in Business** – sponsored by

ITCS (UK) Ltd: for using an innovative method or implemented innovative ways of working; **Award for Best New Business** – sponsored by Prings Plumbing and Heating Ltd: for a business that has been in existence less than 12 months that can prove their success by growth, achievement or profit; **Award for Best Staff Development** – sponsored by Welcome Home Sales and Lettings Ltd: for developing staff training, support or career structures; **Award for The Business that most benefits the local area** – sponsored by F9 Films: for supporting volunteers and providing jobs and income locally; **Award for Best Business Marketing** – sponsored by AMB building and construction: for an innovative marketing strategy; **Award for Best Business Growth** – sponsored by The Glamorgan GEM: for significant

growth over the last 12 months; **Award for Best Product or Service Range** – sponsored by Perry's Vehicle Repairs Ltd: for a product or service range making a significant difference within the business and wider community; **Award for Best Customer Service** – sponsored by Peninsula HR H&S-Barry Quinn: for excellent customer service by examples or by implementation and practice; **Award for Best Overall Business** – sponsored by Bridgend and The Vale Business Club: for judging an overall winner from the 10 previous awards.

The black tie event will be hosted by Radio's Jagger and Woody, who will be there all evening, and tickets are £40 each which include a three-course meal, the awards ceremony and after dinner entertainment and The GEM will provide exclusive coverage.

Guided tour for Cadoxton WI members

IT was another busy month for the ladies of Cadoxton WI, starting with our monthly meeting on July 15, where we were given a talk by John Ettles on 'Funeral Humour'.

On July 18, some of our members went to Insole Court, Llandaff, for what was a wonderful experience with a guided tour around the house, giving an insight into the family over generations that lived there. The sun shone

brightly and after a walk around the grounds lunch was in Llandaff, where some of the ladies took the opportunity to visit the Cathedral.

Then on July 25, an evening meal was enjoyed by all at the Little Olive Restaurant in Barry. There is no meeting in August and our next meeting will be on September 16 at 7pm at Victoria Park Community Centre, where we will hold our Harvest Festival. New members are always welcome; call 01446 404891 for info.

Wildlife talk at Friendship Club

AT the July meeting of the Cowbridge Friendship Club, members were treated to an interesting talk by Vaughn Matthews, Conservation Officer of the Wildlife Trust of south and west Wales.

Vaughn explained that together with their volunteers, they work to protect wildlife in our seas and nature reserves, of which there are more than 100. Several members had questions for him before it was time for afternoon tea. Although most clubs close during the month of August, the Friendship Club is still open for business on the last Thursday of the month.

For more information, call 01446 774524.

Pat Smith

Councillors' surgery

LLANTWIT First Independent Councillors will hold a surgery at their new venue, the Old School, Wine Street, Llantwit Major on Saturday, August 3 from 9.30am until 11.30am.

Residents who have any issue to raise are welcome to attend.



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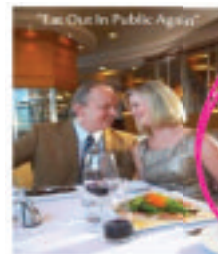
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THIS week, the Vale of Glamorgan Council declared a climate emergency at their full council meeting joining other county, town and community councils in taking this action cross Wales.

This follows the declaration of a climate emergency by the Welsh Government in April with the National Assembly for Wales becoming the first Parliament in the world to vote in support of such a declaration.

These actions have been welcomed by constituents from local groups like Barry Action for Nature who recently presented me with a 'Nature Extinction Emergency' message of their own, calling on politicians 'to heed this stark warning and work together in order to put the protection of our planet's biodiversity at the heart of all policy making.'

I believe it is our duty and responsibility to respond to this call for action and follow the recommendation of the Committee on Climate Change that governments adopt their advice for a 95 per cent emission reduction by 2050. The Welsh Government accepted this and has committed to going further and achieving net zero emissions no later than 2050.

This is Wales' fair contribution to the UK's commitment under the Paris Agreement.

Our Minister for the Environment, Lesley Griffiths AM, will bring forward legislation to adopt this 95 per cent carbon reduction target and all Ministers are now reviewing policies and action in line with 'Prosperity for All: A Low Carbon Wales' published in March containing sector-by-sector emissions profiles and 100 policies and proposals from our first carbon budget. Find out more here: <https://gov.wales/prosperity-all-low-carbon-wales>

The Minister updated the Assembly in June reporting that carbon emissions were 25 per cent lower in 2017 compared to 1990 and identifying that Wales already generates electricity from renewable sources equivalent to 48 per cent of our total consumption.

A Climate Just Advisory Group will advise the Welsh Government on the transition away from a fossil-fuel based economy.

I believe our citizens, communities, schools, businesses and local authorities can play a major part in taking us forward with local action and

MEET YOUR ASSEMBLY MEMBER

Assembly member Jane Hutt talks climate change in her monthly column for the Gem

ideas to achieve well-being and sustainable environments in Wales. Many people have welcomed the change in management of our local environment with wildflowers and grasses allowed to grow in open and public spaces and woodland areas protected across the Vale.

As well as refreshing our Woodlands Strategy, the First Minister has committed to creating a new National Forest for Wales and funding is available for planting trees in areas which continue to be grazed. As we approach the Vale Agricultural Show I look forward to discussing sustainable land management issues with our farming community.

I hope people will read our Low Carbon Plan and take part in local initiatives to tackle climate change as well as hold us to account for the roles and responsibilities we have in government locally and nationally to make this happen.

I am proud that our young people have put this at the forefront of their priorities in the Welsh Youth Parliament and in schools and colleges but all generations can and do play their part.

Lesley Griffiths has stated that "Last year, we received the stark warning from the Intergovernmental Panel on Climate Change showing the warming of our climate is beyond doubt and the evidence for human impact is even more certain."

With our commitment to act on climate change through the Well-Being of Future Generations Act, the Environment Act and the Low Carbon Plan



we have the clarity and purpose to make this our number one priority.

Smelling the flowers in Peterston



ALUN Cairns organising Peterston MP attended Flower Show at the Peterston super weekend. The stand Ely Flower Show and was excellent on Saturday, and it was great to

He said: "I would see so many lovely like to pay tribute entries from pupils of to all involved with the primary school."



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Laurence Brophy (87) cycles 874 miles for Llamau!

ON June 17, Laurence Brophy began his epic 874-mile adventure from Lands End to John O'Groats.

The 87-year-old from Pencoed set himself the challenge last year but unfortunately had to withdraw, after being struck by an infection 600-miles in. This year was to be the year Laurence completed the journey, joining the 87 club alongside keen cyclist Donald Wells, who successfully made the trip the year before.

Laurence may well hold the record for the oldest person to complete this challenge but humbly told us he's not interested in finding out whether he's older than Mr Wells. He said: "It really doesn't matter who holds the record. What does matter is that we've both successfully completed the journey at 87, so we share something special. Although I definitely hold the record for the fastest 87-year-old to complete the ride."

Laurence completed

the challenge in 15 days, sleeping rough on roadsides and in public parks and gardens for 11 nights along the way.

He said: "I wanted to put myself in the shoes of a homeless person so I slept rough almost every night. Some nights when it rained it was harder than others. One night in Loch Lomond, I slept next to a road under construction, which made it very noisy and hard to sleep. I remained conscious, however; unlike someone on the streets, I had money in my pocket and a destination to cycle to the next day. Sadly, homeless people have none of those luxuries."

Through his efforts, Laurence raised over £1,000 for Llamau. "I have a personal connection because of my daughter and son-in-law plus my other daughter supports young people with learning disabilities so we've always been a family that help others. I'm thrilled to have raised



Laurence Brophy from Pencoed isn't slowing down any time soon.

so much and would like to thank everyone who donated."

So what's next for Laurie? We asked whether he's ready to rest on his laurels for a while. Having completed the London marathon three times and the gruelling ultra-marathon Racing the Planet, it wouldn't hurt to take some time off, right?

"My 88th year will see me do the Three Peaks Challenge again as well as the Tour

of Great Britain route on my bike, which'll include the Lands End to John O'Groats route and I'll end the year by walking the 110 mile Taff Trail (start to finish and return). I've done that in 58 hours and 15 minutes before, so that's the time to beat."

Laurence's advice to anyone considering taking up the Lands End to John O'Groats challenge?

"You have to be a certain type of crazy to try, but you should

always be curious about what you can achieve. If you try it, do it because you want to. It'll get you through the tough times."

Laurence would like to thank Off Beat Bikes (Fort William) and Lack Isle Berries Bunkhouse of Tore (North of Inverness) for the kindness they showed him and his bike during his challenge.

Laurence also cycled to support Cwm Academy Football Club.

Sky Notes looks to the heavens

THE Plough lies about halfway down from overhead towards the north-western horizon, and the two pointers show the way to our Pole Star, which you will find about halfway down towards the northern horizon.

If you now cast your gaze almost overhead, you will see a much brighter star than Polaris.

This is Vega, and the brightest star in the constellation of Lyra. Vega is blueish and only two other stars in the northern hemisphere appear brighter: Sirius and Arcturus.

One reason for this is that it is quite close, being only around 25 light years away. It is also believed to have at least one planet.

Because of its brightness, it was the first star to be photographed and have its spectrum recorded.

A star's spectrum can tell us, amongst other things, if a particular chemical element is present and its

abundance.

Vega's other claim to fame is way back in around 12,000BC, it was our pole star and sometime around 14,000AD it will once again have that distinction.

Both Jupiter and Saturn dominate the southern sky and should be unmistakable. However, they will be low down, close to the horizon.

Use a pair of binoculars on August 9 to see Jupiter close by the red star Antares (also known as the rival of Mars), because of its reddish hue and the Moon will guide you to Saturn, as it lies either side of the planet on the nights of August 11 and 12.

This month also heralds the return of the annual meteor shower known as the Perseids.

So-called 'shooting stars' from this shower can be seen from late July to about August 24.

However, the night of maximum (when most meteors are seen in a short space of time) is the 13th.

Unfortunately, the

Moon is full on the 15th of the month and its glare will spoil things a little.

I am afraid the best time of night is after the Moon sets, around 3am.

Obviously, to see fainter meteors we need the sky to be dark as possible but the brighter meteors will be seen even with the Moon up. Just try and watch from somewhere in your garden where the Moon can be hidden behind a house or tree.

You do not require a telescope, just wrap up warm, lie down on a garden recliner or similar and watch the sky.

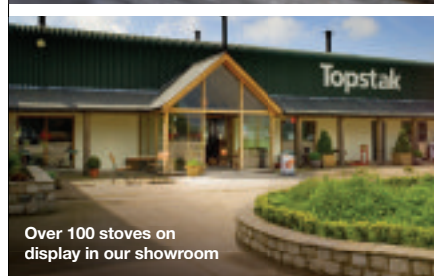
Any part of your sky will do, and if you can see Vega, this will be ideal.

Take a look at our website: www.barryastronomical.wordpress.com.

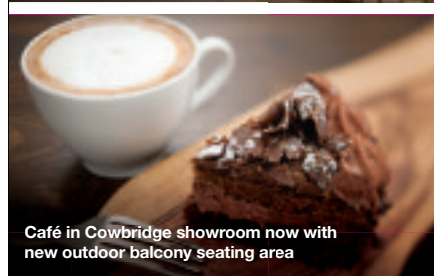
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Airport welcomes world cup teams

CARDIFF Airport has welcomed 18 teams to Wales, arriving from countries around the world ahead of the Homeless World Cup, which takes place in the capital city between July 27 and August 3.

International teams and groups of volunteers from countries as far as Australia, South Korea, Mexico and Chile connected at key hubs and flew into Cardiff on scheduled flights.

Deb Bowen Rees, CEO of Cardiff Airport, said: "This event is going to be so exciting

for Wales, and we're delighted that many of the teams are able to benefit from the connectivity offered by our airlines, particularly KLM and Qatar Airways. Cardiff is a proud sporting city, having hosted major events in the past like the Champions League Final 2017.

"This event is a real opportunity for Cardiff to play its part and support the excellent work delivered by the Homeless World Cup Foundation, and at Cardiff Airport our team are very much looking forward to extending a warm, Welsh welcome to our international visitors when they touch down in Wales."

Harp group on Cloud Nine

LLANTWIT Major group HarpingOn were celebrating after performing 'Cloud Nine' at a coffee morning.

The music was written by Herefordshire composer and harp teacher Helen Barley, when she came to give a workshop earlier this year and composed a second piece named Rocky Beach. The music was published a few weeks ago and Helen requested that the premier performance take place in Llantwit. The group raised £150 at coffee morning which will go to buy a small harp to be given to Major Music. The group has been playing together for four years and look forward to learning Rocky Beach!

Sue Banks

Global Trek Aviation opens at Cardiff Airport

GLOBAL Trek Aviation recently opened its brand new Executive Jet Centre, based at Cardiff Airport - the second location in the next phase of its expansion.

The established Fixed Base Operator (FBO) which specialises in world-class aircraft handling, has based its second location on Cardiff Airport's airfield, providing a wealth of specialist air handling services from its new facility.

With a busy and successful operation already established at Belfast International Airport, Global Trek has chosen to invest in Wales as its second location in response to Cardiff Airport's ambitious plans.

David McColm, managing director of Global Trek Aviation, said: "Cardiff Airport was identified as an ideal location, we saw the tremendous potential of the site from the outset and it fits well with our ambitious strategic plans for the future."

"We have created jobs and invested significantly in infrastructure,

equipment and staff training at the new state-of-the-art facility which includes a dedicated lounge, private offices, a crew briefing centre, flight operations facilities and an integrated security suite.

"This new multi-million pound private investment at Cardiff Airport has been operational since April and is set to drive additional traffic to the region, as well as inward investment to Wales via new business opportunities."

"We look forward to a bright future at our new Cardiff facility as we continue to strengthen our brand."

Deb Bowen Rees, CEO of Cardiff Airport, added: "A huge part of our focus for the next 20 years is to continue to explore innovative ways to diversify our business and create new business opportunities. We will continue to work hard towards achieving the Masterplan and to be a pioneering airport, making Wales proud."

Knotweed not good for gardens



Japanese Knotweed can grow up to depths of two metres and reach three metres tall.

HOMEOWNERS have been warned against the dangers of Japanese knotweed and offered five tips on how to identify it this summer.

Garden gurus from GardeningExpress.co.uk have revealed the tell-tale signs of the destructive weed so Brits can protect their homes and gardens. Listed by the World Conservation Union as one of the world's worst invasive species, the weed's root system and rapid growth can damage concrete foundations, buildings, roads and paving.

Some UK homeowners have even been unable to sell their homes because of evidence of knotweed on the property.

Chris Bonnett from GardeningExpress.co.uk said: "Just going from its appearance, Japanese

Knotweed is the kind of thing you might welcome in your hedgerow.

"To some, it can look quite attractive with its creamy white flowers and heart shaped leaves – but before you know it, it's taken hold and is eating through the walls of your house."

"Japanese knotweed is so invasive that it can grow by a metre a month and can cause damage to your home – but the trouble is it can very easily be mistaken for a shrub by a novice gardener. These tips should help

"Brits identify this pesky plant, but if you're still not sure, check online or ask an experienced gardener."

Red shoots: New shoots will start to emerge in the spring – these are red/purple and can look a bit like asparagus spears.

"The leaves are normally rolled up and dark green or red in colour."

Leaves: As the leaves start to spread out, they'll become a vibrant green colour and heart/shovel shaped with a point at the tip.

Some can be as big as 20cm across and they grow staggered at the stem.

Flowers: In late summer and early autumn, small clusters of white/cream flowers will appear.

The clusters grow to approximately 0.5cm wide but up to 10cm long.

The leaves will still be apparent and along with the flowers, it will create a dense foliage.

Stems: The stems are mostly hollow and bamboo like, with nodes and purple speckles. The general growth habit has a distinctive zigzag appearance.


Stems can also grow up to three metres tall. In the winter, the stems become brittle.

Roots/rhizome: The rhizomes are the underground part of the weed. If fresh, they will snap easily.

The outside is dark brown, and the inside is usually an orange/dark yellow colour.

The Japanese knotweed rhizome system can grow to depths of two metres and can extend up to seven metres horizontally from the plant.

As little as 0.7g of rhizome can give rise to a new plant – which is one of the reasons this weed can become such a nuisance.



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Celebrities spotted in Vale

'STAR SPOTTING' has become something of a part-time occupation in the Vale in recent weeks with the actors of Gavin and Stacey and Casualty filming locally, and TV chef James Martin shooting some of his new series on Barry seafront.

When filming took place for Gavin and Stacey dozens of people turned up at Barry Island and Trinity Street.

Less well known is that the cast of Gavin and Stacey also film at a house in Dinas Powys – where they were spotted this weekend.

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Vale of Glamorgan Agricultural Show

WEDNESDAY AUGUST 7TH, 2019 • FONMON CASTLE



A warm welcome to the Vale of Glamorgan Agricultural Show from chairman Lyn Price

ON behalf of the you to join us at which will be held show committee, I the 2019 Vale of in Fonmon Castle would like to invite Glamorgan show, grounds.



I have the honour of fulfilling the role of Show Chairman again this year, which is a true privilege.

I would like to welcome this year's Show President, Mr Wayne Griffiths. Wayne has been a great friend to the show and has made a tremendous contribution to the show over many years.

We would like to congratulate Wayne on his election as the 2019 Show President; we do hope that he has an enjoyable day.

This year's show really does have something for everyone – we have livestock, horses, show jumping, hundreds of trade stands,

the shopping mall, craft marquee, home produce competitions, a huge dog show, a busy programme of entertainment and the return of the rabbit show.

As the countryside ring programme continues to expand, we are introducing new and exciting things.

This year, we have an amazing motorbike display from the Jez Avery Stunt Show, the renowned Sheep Show will be performing throughout the day and we will have a sheep dog demonstration in the ring.

There will be more agricultural demonstrations again this year with some really impressive machinery on display. We are so pleased to see this feature growing year on year – it showcases what we do.

The programme will culminate in a polocrosse match, the hunt scurry



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and finally the Maendy YFC challenge.

The Vale of Glamorgan show is one of the biggest and best one-day shows there is. This is only made possible by the dedication and hard work of the show committee, their families and friends and the support of the sponsors, exhibitors, judges, stewards and competitors that make the day such a success.

Finally, I would like to say a big thank you to our General Secretary, Mrs Sarah Fenner, and the Show Director, Mr John Hanks, who have worked tirelessly to get the show ground ready, without them there would be no show. We hope that you have an enjoyable day at the show on Wednesday, August 7.



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Vale of Glamorgan Agricultural Show

WEDNESDAY AUGUST 7TH, 2019 • FONMON CASTLE



Unmissable highlights of the show

Things to see at this year's show

Jez Avery Stunt Show

Jez Avery's family go back to the original era of two-wheeled stunt riding.

He is a world class PRO BMX, trials and mountain bike rider turned stunt-show performer. He is an extremely experienced and a well-rounded stuntman with numerous Guinness World Records under his belt throughout an inspiring career, and with numerous TV and magazine appearances, Jez Avery will amaze and entertain the audience.

The Sheep Show

This unique show has captured the hearts of many. The New Zealand style team of presenters educate and entertain, taking their fantastic sheep all over the country.

Nobby, the Norfolk Horn stands centre stage while others are introduced to their podiums. We learn about each breed's attributes and how wool from the sheep's back becomes a jumper to wear. The shearing demonstration will have the audience captivated.

The 30-minute show will be on four times during the day and is highly entertaining and extremely informative, a rare combination. The highlight of the show is the "The sheep show Hustle. Dancing sheep!!"

Polocrosse

Welsh Dragons Polocrosse Club is delighted to be playing at the Vale Show again this year. The club works closely with Pony Club and many of our riders are from local clubs Llangeinor and Dinas



Powis. Polocrosse is an exciting equine sport which at its highest level requires advanced riding skills and nerves of steel; the pace is fast and furious. It's a mixture of polo and lacrosse with a touch of rugby thrown in.

Polocrosse is played by a team of riders who change pace and direction in an instant while under attack by the opposition.

Divided into six chukkas, the game is played with a racquet, the ball thrown in to a line out. The ball passes from player to player or is picked up from the ground until a goal is scored.

Players fight for possession by attempting to hit it out of the racquet of the opponent. Sounds simple but this is performed at a gallop on a field about the size of a football pitch. It is a riveting spectator sport, whether you are interested in horses or not.

The real stars are of course the horses whose speed, agility and beauty always steal the show!

Horticulture

The dedication and hard work of our gardeners never ceases to amaze. This year plans to be another bumper show with entries from all over the UK.

We are expecting an amazing display of flowers from dahlias, roses, gladioli plus many more.

There will be vegetables of all shapes and sizes from giant pumpkins, marrow, cucumbers you have to see it to believe the sheer size of these monster vegetables.

There will also be on display the show-stopping Border Vale class, these are some of the best top class quality vegetables you will see.

The children's class always has a great display every year, with outstanding displays of creativity and skills with miniature gardens, drawings, and animations of animals. It's great fun to see. There

is something for everyone in the Horticultural Marquee. Please come along and be part of the biggest day in the Vale.

Home produce

Well, it is that time of year again when we invite the people of the Vale and surrounding areas to once again enter the many and varied home produce competitions.

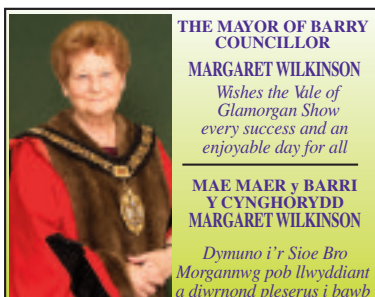
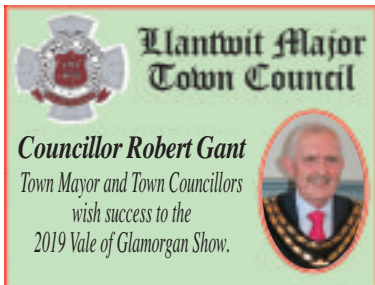
We wish to thank most sincerely those who competed last year, and in the years before and also to welcome new competitors to the show.

As usual, the schedule caters for many diverse skills; preserve making, cookery, flower arranging, and art and crafts. There is a separate section for

children as well where they can put their own ideas into practice.

These are split into three age groups. We will be running a raffle, the prizes for which are donated by the ladies of the committee. This year, the proceeds will be donated to the Kidney Wales Foundation, Cardiff.

The schedules for all competitions can be found at www.valeofglamorganshow.co.uk or from Mrs Janet Lewis 01443 225202. Entries close on August 5. So ladies and gentlemen, let's give it a go and show the visitors to the Home Produce marquee what you can do! Remember winning is not final, losing is not the end!



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Vale of Glamorgan Agricultural Show

WEDNESDAY AUGUST 7TH, 2019 • FONMON CASTLE



A message from the President of the Vale of Glamorgan Show

Wayne Griffiths

THE Vale of Glamorgan show will be held on Wednesday, August 7, at the beautiful setting of Fonmon Castle Park and Wayne Griffiths, Managing Director of Nathaniel Cars will be the President of the show this year.

Nathaniel Cars has been a great supporter and main sponsor of the show for many years and Wayne Griffiths was surprised but honoured when he was asked to take on the role of President for the 2019 show.

He said: "Nathaniel Cars is a family business and we like to support local events – and the Vale of Glamorgan show

is a unique event and probably the best one-day agricultural show in Wales!

"Even though it is still traditionally an agricultural show, it has something for everyone, old and young alike. Not only will there be a great display of livestock at the show, but visitors can enjoy the day browsing the trade stands, craft fair, horticultural

marquee, shopping mall, food court etc.

"Plus, there are always many fantastic displays taking place in the main ring throughout the day, including the 'Jez Avery Stunt Show', the Sheep Show and Polocrosse demonstration games this year!

"The show has grown over the years and this is down to the hard work and dedication of the show committee and all their supporters – no one can appreciate the number of hours everyone

is ready for that one day in August.

"A special mention must go to the Show Director John Hanks, Chairman Lynn Price and General Secretary Sarah Fenner, who work tirelessly to ensure the show is a great success and continues to go from strength to strength.

"It is a great honour to be the president of the Vale of Glamorgan Show this year and I am looking forward to carrying out my duties on the day, as well as meeting old and new friends at the show again this year!"



The finest fare is on offer at the Food Court

NOW in its sixth year, the Vale Farmers' Market Food Court goes from strength to strength, with this year 40 stalls selling the most fantastic range of Welsh Produce.

The Food Court will once again be the must do destination on the show field, especially for families.

As well as offering cooked food, drinks and a wide range of artisan produce to browse over and buy, there will be play activities run by the Vale Council play development team. There is ample seating in the form of hay bales, picnic tables and deck chairs, so you can sit or browse the huge range of produce while the children enjoy the numerous activities.

Regular show goers will be used to the usual fast food on the show fields. You can venture into the Food Court where you will be able to choose from a vast range

of delicious locally produced goodies.

To whet your appetites, there will be pork rolls, roast beef rolls, vegetarian, duck and game burgers, organic beef burgers, as well as tea, coffee, elderflower cordial and ice cream.

Add to that artisan cheeses, charcuterie, preserves, local cider, gin, whiskey and liqueurs, wines, cakes, brownies, shortbread, fudge, marshmallows, sourdough bread, vegetables, herb-infused vinegars, oils, olives, pork pies and sausage rolls. I think it's safe to say there will be something for everyone! Every producer is from within Wales and the majority within 30 miles of the show field.

So, when you have watched the main ring attractions, admired the giant veg and machinery, make your way to the Food Court, for a sit down and a bite to eat. The producers look forward to welcoming you on show day.



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Vale of Glamorgan Agricultural Show

WEDNESDAY AUGUST 7TH, 2019 • FONMON CASTLE



Rabbit show's second year will be better than ever



THE Rabbit show was new in 2018, was a great hit with the public, and will be bigger and better this year

The South Wales Rabbit Club was established in the early 1970s. It is one of the many rabbit clubs affiliated to the governing body, the British Rabbit Council (BRC).

The main aim of the club is to promote the ethical breeding and exhibiting of show rabbits, to promote rabbit welfare and husbandry, and to aid and inform new rabbit owners with their beloved pets.

We at the club are all members of the BRC and our rabbits are important family members.

The SWRC meets regularly throughout

the year. We hold two shows in Castleton, near Cardiff, and also run the rabbit section at the Usk Agricultural section.

Anyone who shows rabbits must be a full BRC member, with the rabbits being registered to them alone.

Rabbit breeds are split into four sections; Fancy, Lops, Fur and Rex. All of the breeds have a specific breed standard they have to adhere to and each standard is marked out of 100 points. The judges will be looking for the rabbit that best matches their standard, to secure that elusive first prize.

The judge assesses the coat quality, the colour, the pattern, the type (shape) of the rabbit, and the overall presentation and condition. The overall winner of each of the four sections then goes

onto compete for the Best in Show prize.

It is a wonderful hobby and one that has existed for over 100 years. There is no money in it; it is purely for the love of the breed.

Our judge this year is Rebekah Couch from Skewen.

We are delighted to be in attendance at the Vale Show this year. Please come and chat to the exhibitors, as we all enjoy a good chat! We can help with any rabbit-related queries or questions you may have, from keeping rabbits, together to vaccinating against RHD2.

If you would like any further information, please feel free to contact the section secretary, Donna Nicholson (telephone 02920 634903).

Welcome to the land of the giants where record breakers beckon

THE Horticultural Marquee is a real show stopper and not to be missed at the Vale Of Glamorgan Show.

vegetables you will see. The Marquee is full of colour with beautiful dahlias, gladioli, flowers displays and vegetables of all colours and varieties.

The children's section is full of imaginative creations where the children can use their creativity and skills with amazing entries from children of all ages. This year we have exciting new themes which I can't wait to see.

If you would like to be part of this great show please get in touch with Gail on 07976 935223. I look forward to seeing you at the show.



Come along and see the 'Land of the Giant' with giant vegetables of all shapes and sizes and hopefully some world record breakers.

Year after year the Horticultural Marquee is getting entries from all over the UK, as well as local growers, with some of the best quality of flowers and



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Vale of Glamorgan Agricultural Show

WEDNESDAY AUGUST 7TH, 2019 • FONMON CASTLE



Smallholders support show



One of the most popular stalls in the Vale of Glamorgan Show in recent years has been the Glamorgan Smallholders. It's a great place to drop by, as the smallholders are happy to share their experience and enthusiasm with members of the public, and have plenty of advice about running your own small venture – whether that's for fun or for profit!

Successful dog show attracts competitors from all over the country

AUGUST is now here and the highlight of the month is the Vale of Glamorgan Agricultural Society show and my role, along with my wife, is to organise the Dog Show writes dog show secretary Peter Pask.

Over the years, the show has gone from strength to strength and is now undoubtedly one of the leading dog shows in conjunction with an agricultural show in Wales.

The support for this show comes from exhibitors who live in many parts of Great Britain as well as from Wales. This year, we are hoping the removal of the Prince of Wales Bridge tolls will impact favourably on the number of exhibitors attending.

This show is a stage for Kennel Club registered dog breeds and you will find Hounds, Toy Breeds, Working Breeds, Gundog Breeds, Utility Breeds, Pastoral Breeds and finally Terrier breeds in attendance.

The organisers are pleased to encourage spectators to come along and watch the judging, speak to the exhibitors who are not in the rings and put any of their questions to the dog show officials – no query is too small and we will do our best to answer them.

Who knows, it could result in new entrants to the dog showing fraternity, where lifelong friendships are formed with people from all over the country.

This dog show, it must be said, has some of the best facilities for dogs in Wales with superb wet weather accommodation and beautiful grass exhibition rings which have almost a bowling green finish.

The dog section committee are proud of its

incorporation as an integral part of the show and we all look forward to providing you with a warm welcome on show day.




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Vale of Glamorgan Agricultural Show

WEDNESDAY AUGUST 7TH, 2019 • FONMON CASTLE



What's EDUtainment? The sheep show, that's what!

THE Sheep Show is EDUtainment at its best – a live stage show offering up to four 35-minute shows a day, appearing at over 120 outdoor shows throughout the country from the Orkney Isles to the Royal Cornwall.

Presented in humorous style the show introduces us to nine different breeds of sheep, each with a story to tell; and welcomed on to the stage by their own theme tune. 'Lenny the Lincoln Long Wool' arrives to a great Bob Marley tune (very apt for a sheep that has natural dreadlocks).

We are then given a very informative shearing display and learn more about wool.

However, just to add to this already humorous but educational show, the sheep then do The Sheep Show Shuffle, yes – dancing sheep!

The show has been described as: "Cleverly devised, highly entertaining and extremely informative – a rare combination," and: "The highlight of the day."



Cows on Tour come home to Glamorgan for the Vale Show



The 'Cows on Tour' show has been running for some years now, organised by Abi Reader of the Glamorgan NFU, and the team visit schools to let children know how their milk is produced. They are pictured above, by Glyn Evans, at the recent Royal Welsh Show.

Catch the bus to the Vale Show



DON'T forget that you can take a bus to the Vale Show, from Penarth, Barry, Cowbridge or Llantwit Major.

From Cowbridge, buses start at 9am, and will leave hourly until 1pm. The next is at 2.30pm, at which point it goes back to hourly.

The buses travel through Llantwit Major and St Athan.

From Barry Town Centre, buses travel at the same times as above for Cowbridge, and go through Park Crescent, Waycock Cross and Rhooose.

Penarth buses leave Windsor Road at 6.30am, 10.15am, 12.00, 1.45pm, 3.30pm and 17.05pm.

People using the Vale of Glamorgan Railway line to Rhooose, will find connecting buses hourly from 8.15am.

For full information, see the website:
<https://www.valeofglamorganshow.co.uk/visitors/buses/>



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would like to wish all their advertisers and readers an enjoyable day at the Vale Show on Wednesday 7th August.

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Penarth Probus Club holds its summer lunch



THE Men's Probus Club of Penarth held its annual summer lunch at the Wenloe Castle Golf Club on July 25.

Thanks go to our events organiser, Hugh Morris, who once again made sure that everyone had a grand time and got their personal choice from the varied menu. Hugh works tirelessly in organising our many trips and functions throughout the year.

The next meeting of the club will be held on Tuesday, August 20 with a talk by Simon Rees. The topic will be: 'The Lute and Art'.

The next visit for members and their guests will be a narrow boat trip on the Brecon Canal followed by lunch in Brecon on Thursday, September 5.

New members are always welcome to join Probus. It is open to both retired and semi-retired men of any age; the meetings are normally held the third Tuesday of the month at the Sports and Social Club, South Road, Sully.

The club meets at 10am for a 10.30am start with guest speakers on varied topics of interest, light refreshments are provided and meetings finish before 12pm. There are also occasional visits to places of interest and special lunches at various times of the year.

Anyone interested in joining Probus should contact Gareth Price on 02920 532 793.

GP

Staff assaults are on the rise in local hospitals

ABUSE in Cardiff and Vale of Glamorgan hospitals is on the rise, as almost 1,000 NHS staff are being physically assaulted every year.

A total of 977 incidents of physical assault involving nurses, health-care support workers or nursing assistants were recorded by Cardiff and Vale University Health Board in 2018-19. There were a further 348 incidents where staff were threatened with physical violence and 63 instances of psychological abuse, including bullying and harassment. Staff were also verbally abused 468 times, racially abused 34 times and sexually abused – including harassment and indecent exposure – a total of 35 times, according to health board records.

Instances of physical and verbal abuse of Cardiff and Vale NHS staff had risen from 2017-18 when there were 931 physical assaults and 454 incidents of verbal abuse recorded.

The health board said

most recorded events were related to patient medical conditions with some within mental health and elderly wards related to dementia. There is ongoing work to provide patient warning markers on dementia wards to minimise this.

The Royal College of Nursing (RCN) says it is aware of an increase of harassment and abuse towards its members. Helen Whyte, director of RCN Wales, said: "We are aware that harassment and abuse from members of the public and patients continues to increase in Wales according to the latest NHS Wales Staff Survey. The health boards have a responsibility to ensure a zero-tolerance policy is in place to prevent abuse of their staff. Staff must feel that they are fully supported when reporting incidents of harassment and violence."

Last year a new law came into force which doubled the maximum sentence from six to 12 months in prison for assaulting an emergency worker. The RCN said it is "closely monitoring"

the effects of the new law, which also says courts must consider the strongest penalties for other offences against emergency workers such as GBH and sexual assault.

In 2018-19, Cardiff and Vale University Health Board spent £1,203,000 on staff costs for its security teams which includes employing security guards, and management and administrative support. The health board also said the security team has "a much wider role" than just dealing with incidents of staff abuse and there had been a 23 per cent reduction in the number of incidents during the past five years compared to the previous five years. A spokeswoman said: "There is a case manager who provides support to staff. In the emergency unit, we were recording more than three events per week and had more than 30 lost time incidents per year. The unit is now averaging one assault every three weeks and no lost time events over the year."

Historic day for Welsh Medium Education in Barry

RHAG (Rhieni dros Addysg Gymraeg) has congratulated the Vale Council on an important decision to open a Welsh medium school as part of the Waterfront development in Barry.

This comes as cabinet today approved the implementation of a proposal to increase Welsh medium primary provision in Barry, by increasing the capacity of Ysgol Sant Baruc from 210 places to 420 places and transferring staff and pupils from the existing site to a new school built as part of the Waterfront development, in September 2021.

Mark Bowen on behalf of the Vale of Glamorgan RhAG said: "We have long campaigned in support of the proposal to move Ysgol Sant Baruc to the Waterfront and warmly welcome today's Cabinet announcement."

"This is a very significant decision in the growth of Welsh medium education in the region, showing how it

can be a central building block in new large housing developments.

"This ensures that all children in Barry are within walking distance of a Welsh medium primary school, including the children of Barry Island, for the first time ever."

"We thank the Vale of Glamorgan Council's Cabinet for their vision: it is a very good day for Ysgol Sant Baruc and for the future of the Welsh language in Barry."

Diwrnod hanesyddol i Addysg Gymraeg yn Y Barri MAE RhAG wedi llongyfarch Cyngor Bro Morgannwg ar benderyniad holl bwysig i agor ysgol Gymraeg fel rhan o ddatblygiad y Glannau, yn y Barri.

Daw hyn wrth i'r Cabinet gymeradwyo gweithredu cynnig i ehangu darpariaeth gynradd cyfrwng Gymraeg yn y Barri, trwy gynyddu capasiti Ysgol Sant Baruc o 210 o leodd i 420 o leodd a throsglwyddo staff a disgyblion o'r safle presennol i'r adeilad ysgol newydd Gymraeg yn Y Barri."

a gaiff ei hadeiladu fel rhan o ddatblygiad y Glannau, ym Medi 2021.

Meddai Mark Bowen ar ran RhAG Bro Morgannwg, "Rydym wedi ymgyrchu ers cryn amser o blaid y cynnig i symud Ysgol Sant Baruc i'r Glannau. Rydym yn croesawu'n frwd gyhoeddus y Cabinet heddiw."

"Dyma benderyniad arwyddocaol iawn yn hanes twf Addysg Cyfrwng Gymraeg yn y rhanbarth, gan ddangos sut y mae modd iddo fod yn elfen canolog mewn datblygiadau tai mawr newydd."

"Bydd hyn yn caniatáu i Ysgol Sant Baruc gael ei adleoli i adeilad sy'n addas a phwrsafod ac yn sicrhau bod holl blant y Barri o fewn pellter cerdded ysgol gynradd Gymraeg, gan gynnwys plant Ynys y Barri, a hynny am y tro cyntaf erioed."

"Rydym yn diolch i Gabinet Cyngor Bro Morgannwg am eu gweledigaeth: mae'n ddiwrnod da iawn i Ysgol Sant Baruc ac i ddyfodol yr iaith Gymraeg yn Y Barri."

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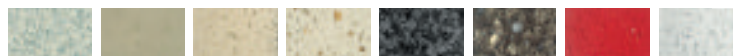
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Looking back at a brilliant day at Barry's Duck Race



A GREAT deal of positive feedback has been received following the Rotary Club of Barry's Charity Duck Race and summer fete in the Knap Gardens on July 20, from the general public and many organisations who took part, a spokesperson reports.

Rotary District Governor Peter Hamilton said it was a fantastic effort which was professional and totally community focused and he thought that the media coverage in The GEM was the icing on the cake!

Early indications are that the event has raised over £3,000 which will be used to support local good causes. Event organisers, president David Jakeway and his wife Lynne were delighted and the Rotary Club of Barry wish to thank everyone who supported it in so many ways.

For more details on Rotary, contact David Jakeway on 07533 048620.



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BRENDAN Sweeney, of David Prosser & Co Solicitors, writes: "It is estimated that 60 per cent of the UK population does not have a will."

"A will takes effect on your death, and is an instruction as to what is to happen to your estate. Probate disputes and challenges to wills are becoming a growth area, which often leads to substantial costs.

"We now live in a world where family relationships are often very complex, and

expert advice regarding the drafting of a will is essential.

"A professional advisor can also advise you in relation to inheritance tax, and how you plan to minimise potential liabilities to it. It is important that people are fully aware of their duties and financial responsibilities when they make a will, to ensure that they comply with the technicalities that are required to have a valid will.

"The cost of a professionally-drafted will, after taking advice, is considerably less

than the costs that can be incurred if there is a dispute regarding your financial affairs after your death.

"Substantial costs can also be saved by taking professional advice early, and putting in place powers of attorney – whereby you appoint trusted people to make decisions about your property, financial affairs and health and welfare, if you lose capacity. The people appointed are made fully aware of their rights and responsibilities."

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To find out more, come and say hello to Liz, bathroom showroom manager at 1-2 Ogmores Crescent, Bridgend. We are open Monday to Friday 8am to 5pm and Saturday from 8am until 12pm.

Design service is available for local groups

GLAMORGAN Voluntary Services (GVS) operates a photocopying and design service for community groups operating in the Vale of Glamorgan.

Carolyn Gully, Valeways said: "This was an excellent rebranding of publicity material for the Walking Festival.

The service has gone from strength to strength with over 200 print and design jobs completed in the last year. GVS undertakes a multitude of design jobs which include pull up banners, PVC banners, certificates, business cards, posters, fliers, newsletters, window stickers (decals) and programmes.

GVS recently undertook a rebranding exercise for Valeways, which you would like further information on the many services GVS has to offer community groups and charities, contact Mark Stillman on 01446 741706; email enquiries@gvs.wales, or visit the GVS website – www.gvs.wales.

Day centre closure threat

ST John's Day Centre on Barry Island, which provides a six-day-a-week service for up to 14 older people with dementia in mid and eastern Vale of Glamorgan, could stop its service as the council looks to save money.

The council is considering transferring the services at St John's to Rondel House in Barry, which currently caters for 25 older people and people with dementia. It is estimated the council would save £50,000 by transferring the services from St John's.

A council report said: "The Rondel House building has recently been refurbished and offers a pleasant and functional space for over 40 people per day. Additionally, the building could be used to support local community groups in the evenings and weekends.

"The facility at St John's Church on Barry Island does not have the space or facility for the increased numbers that a single day centre would require."

A consultation at both day centres will be launched by the council. The new service at Rondel House would be either run by the council's adult services or the Carer's Trust, the current operator of St John's.

Matt Discombe

Growth in equity release market

THERE was strong growth in lending by equity release firms and other specialist mortgage lenders last year, as the demand for later life borrowing increases, according to trade association UK Finance.

In a blog on its website, it said gross mortgage lending totalled £268 billion last year, up 3% on 2017.

Patterns of borrower incomes have become more complicated, it said, partly driven by a growth in people being self-employed, as well as an ageing population with more people working for longer.

The blog said: "In this changing environment, lenders who have more bespoke, often manual, underwriting processes are well placed to help these customers."

UK Finance's figures show lending by equity release specialists increased by £800 million between 2017 and 2018.

And its figures

relating to older borrowers show 78,514 new residential loans were made to borrowers aged over 55 last year, with 42,866 new equity release loans made to this age group.

Equity release covers a range of products which allow people to access the equity - or money - tied up in their home.

But while an immediate cash boost could be useful in some situations, there are important longer-term factors to consider.

For example, borrowers may find they might not be able to rely on their property for money needed in retirement, or that they will have less than they wanted to pass on as an inheritance.

Borrowers may want to take independent financial advice when weighing up their options.

UK Finance said that, in a sign of growing competition for borrowers' business generally, 70 lenders each provided more than £50 million of mortgage lending to home owners and

landlords in 2018, up from 65 lenders the year before.

Lloyds Banking Group remained the UK's biggest mortgage lender last year, followed by Nationwide Building Society in second place.

The blog, written by UK Finance analyst Callum Bilbe said:

"Lenders have seen a higher demand for mortgages from older borrowers in the last few years, extending their maximum age criteria and adapting underwriting for those whose income in later life is more complex.

"This has facilitated a competitive and expanding mainstream later life lending market.

"This is also evident within the equity release mortgage market, where we continue to see strong growth.

"This is driven in part by investment from firms in the life and pensions space, for whom the long-term income stream from equity release mortgages aligns well with their liabilities."

New life brought to area's oldest pub

NEW life has been breathed into south Wales' oldest pub following a three-year renovation supported by Lloyds Bank Commercial Banking.

Dating back to the 12th century, the former Old House Inn in Llangynwyd has re-opened as a 120-seat wedding venue under the ownership of property developer and publican Steffan Jones.

The newly refurbished pub, now known as The Old House 1147, will also continue to serve in its traditional function as a bar and restaurant.

After acquiring the site in October 2016, Steffan and his father Jeff spent three years restoring the pub to its former glory. The Jones family has held a relationship with Lloyds Bank for more than 30 years, including a £150k refinancing of its construction business, SSJ Rentals, to support the seven-figure restoration.

The project includes a modern extension to the building that has helped the business expand its dining capacity by 50 per cent to more than 180 covers.

Phase one of the renovation is now complete, including the bar, restaurant and two kitchens.

However, plans are in place for further development that will create seven boutique rooms for holidaymakers, which Lloyds Bank is supporting with additional funding.

Steffan Jones, owner of The Old House 1147, said: "This pub has always been popular but it needed a lot of modernisation to ensure it was a fitting destination for people visiting and staying in the stunning Llynfi Valley setting.

"It's a true privilege and great encouragement to see people enjoying it again as we look to build out our marquee wedding and boutique hotel businesses in the future.

"Lloyds Bank has been by the side of my

family as long as I can remember.

Their flexibility has been invaluable not only in ensuring the smooth progress of the project but also in enabling us to achieve what we wanted for a pub with such high cultural value in South Wales."

Daniel Phillips, relationship manager at Lloyds Bank Commercial Banking, said: "The re-opening of The Old House 1147 is the result of years of hard work and dedication from Steffan and his family.

As well as raising significant funding, they've delivered the majority of the renovation work themselves while meeting the government's heritage standards for such a historic building.

"We're looking forward to supporting the future growth of the business as part of our commitment to help Britain prosper, which has seen us pledge £1.1 billion to support Welsh businesses this year."

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Out & About with The GEM

What's on this week in your local cinema? Reviews by Damon Smith

DAMON Smith reviews the latest releases. This week: Dwayne Johnson and Jason Statham flex their muscles in (un)friendly rivalry to take down Idris Elba's arch villain in the turbo-charged action thriller FAST & FURIOUS: HOBBS & SHAW... and birds of a feather fret together in the computer-animated sequel THE ANGRY BIRDS MOVIE 2.

THE ANGRY BIRDS MOVIE 2 (U, 97 mins) Animation/Adventure/Comedy/Drama/Romance. Featuring the voices of Jason Sudeikis, Josh Gad, Danny McBride, Rachel Bloom, Bill Hader, Leslie Jones, Awkwafina, Tiffany Haddish, Peter Dinklage.

Directed by Thurop Van Orman and John Rice, computer-animated caper The Angry Birds Movie 2 features its nest with an achingly predictable journey of self-discovery and timely lessons about collaboration and acceptance across the cultural divide.

While the original film, released in 2016, felt like a glossy promotional tool for the puzzle-oriented games created by Finnish company Rovio Entertainment, the sequel has the freedom to invent its own stories and colourful supporting characters.

It's disappointing that the screenwriters don't seize this opportunity and instead rely on obvious visual gags (a flashback to a Flockbusters video store) to embellish a linear narrative that lacks dramatic tension or jeopardy, even when cute birds are being pelted with balls of molten lava.

The script seldom plays to the strengths of a starry cast of gifted comic performers including new arrivals Awkwafina, Tiffany Haddish and Leslie Jones, and they respond with muted vocal performances that barely take flight.

Throwaway interludes involving a trio of fluffy hatchlings on the hunt for three wayward eggs are cast in the same mould as the Minions in Despicable Me and Scrat in Ice Age, with an unexpectedly dark pay-off involving a slumbering "boa constructor".

Residents of Bird Island and Pig Island are locked in a war of attrition and pranks. Feathered heroes use a giant slingshot to propel a bottle of hot sauce across the sea that separates the two communities and their porcine adversaries retaliate by dropping hundreds of angry crabs from a flotilla of airships.

Red (voiced by Jason Sudeikis), speedy livewire Chuck (Josh

Gad) and self-combusting worrywart Bomb (Danny McBride) spearhead the birds' efforts to stay one cluck ahead of the pigs' rotund leader, Leonard (Bill Hader), and his second-in-command Courtney (Awkwafina).

These frenemies are shocked to discover the existence of a third colony, the frozen wasteland of Eagle Island, where embittered ruler Zeta (Jones) and her daughter Debbie (Haddish) are plotting to overthrow birds and pigs using a steam-powered superweapon.

"We need to put our differences aside and work together,"

Leonard implores the birds.

Consequently, Red assembles a crack team for a daring mission to Eagle Island, which includes Chuck's inventor sister Silver (Rachel Bloom) and Mighty Eagle (Peter Dinklage), who has good reason to fear Zeta's wrath.

The Angry Birds Movie 2 is punctuated sparingly with broad slapstick like Bomb's hilarious attempt to sneak unnoticed past eagle guards but there are noticeably fewer giggles than the first film.

Visuals are gleefully saturated with retina-straining colour and co-directors Van Orman and Rice deliver outlandish set-pieces with gusto including a deranged breakdance battle to Harold Faltermeyer's electronic instrumental Axel F and the hunt for a security pass that culminates in a hysterically awkward encounter at a urinal.

For once, toilet humour is the height of comic sophistication.

5.5/10 NO SWEARING :: NO SEX :: VIOLENCE :: RATING:



Theatre – Kinky Boots at the WMC, Cardiff



TIME was when a successful London show would go out on tour and cut a few corners but, if the production of Kinky Boots at the Wales Millennium Centre until August 3 is any guide, those days are over, writes Philip Irwin.

It has a strong cast, with Kayi Ushe quite brilliant as the flamboyant drag queen, Lola. On top of that, it features a full blown set, which moves from the factory floor to the catwalk with great ingenuity.

It's a big feel good show and Cyndi Lauper's music sweeps you along, going from rousing anthems to high energy disco, with a few gentler, more reflective ones to change the pace.

The audience were totally engaged, clapping throughout and giving

the cast a standing ovation. It's unquestionably a great evening out.

Kayi Ushe has a huge range, and his final number is a massive, Celine Dion type belter – with an ending that is full of pathos. But he also has to dig into his childhood, and his struggle to come to terms with a father who could never understand him.

Joel Jackson-Harper plays Charlie, the owner of the struggling shoe factory who is persuaded to diversify into making extravagant kinky boots, and has a confident stage presence. He worked really well with Kayi, singing the tender duet, 'Not My Father's Son'.

Paula Lane, as Lauren, Charlie's love interest, was sparky, witty, moved well and handled her songs with panache.

All in all, Kinky Boots is an uplifting, exuberant and lavishly produced evening of music and feel good drama.

Ladies' Night at Pontcanna care home

A CARE home in Pontcanna will be opening its doors to the public for a very special Ladies' Night on Wednesday, August 7.

Tŷ Llandaff residential and respite care home in Conway Road is hoping to raise money for the home's dementia fund. Members of the community are invited to drop in between 5pm and 9pm for the ladies' evening, at £5 per ticket and includes a whole host of treats. Champagne and canapés will be offered throughout the evening with a manicure or pedicure by qualified staff, making this a 'night not to be missed'. Staff at Tŷ Llandaff are hoping it will encourage more people to visit the home, allowing residents to socialise while giving guests the chance to see 'what life is really like at the home'.

The Ladies' Night is just one of the many social evenings organised by the home by Tŷ Llandaff activities co-ordinator Melanie Geoghegan.

Service manager Lisa Cristina said: "At Tŷ Llandaff, it's important to us that our residents have regular social events to look forward to as it gives them a chance to meet people from Pontcanna and the surrounding areas. Our priority is to ensure our residents are cared for and enjoy living at the home, with plenty of mental and social stimulation through our excellent activities programme. The Ladies' Night is an opportunity to raise funds for the residents' fund, which we can put towards more trips and days out for them. It's not to be missed."

Call Lisa on 02920 600 100, email info@tyllandaffcare.com or visit www.tyllandaffcare.com.

Walking, music, litter picking and geology.. What's on and where in your area

Valeways Walks ON Thursday, August 1 at 10.30am the Living With Cancer Strollers will meet at the visitor centre, Cosmeston Country Park.

On Friday, August 2 meet at The Six Bells, Penmark for Trains, Boats and Planes at 10am.

On Friday, August 2 meet at 10am at the cafe car park in Portkerry Country Park for a Wellbeing Walk.

On Sunday, August 4 meet at 2pm in the lay-by by the bridge in Peterston super Ely for a Seven Counties View.

On Wednesday, August 7 the Coffee Shop Strollers of Barry meet at 10.30am in the Bron y Mor car park at Cold Knap, Barry.

The same day, the Coffee Shop Strollers of Cowbridge meet at 2.30pm by the Physic Garden fountain in

Cowbridge.

On Thursday, August 8 at 2.30pm the Coffee Shop Strollers of Penarth meet in the cliff top cafe car park in Penarth.

Litter Pick THE Love Cowbridge/Hate Litter group will be doing their next litter pick on Sunday, August 4 from 10am to 11am.

Meet behind the Town Hall at 10am for the issue of kit; volunteers always welcome.

Friends of the Earth THE next meeting of Barry & Vale Friends of the Earth will be on Tuesday, August 6 at 7.30pm in the Castle Hotel, Jewel Street, Barry.

Beach hut fundraiser ON Friday, August 9 members of Merthyr Dyfan Church are renting beach hut number 8 on Barry Island between 10am and 4pm.

Rev Robert Parrish, team vicar at Merthyr Dyfan said: "We will be providing tea/coffee/squash for passers-by. Any donations will be split equally between Ty Hafan and Merthyr Dyfan Church repair fund. We need to renew the roof due to stone throwers and the ravages of nature."

Home-made cakes will also be on sale on the day.

RNIB Cymru IF you would like to meet other young people who are blind or partially sighted living in the Vale of Glamorgan, come along to the YMCA Hub Café, Court Road, Barry, CF63 4EE from

10am until 12pm on Friday, August 16. Friends, family and carers also very welcome. We would like to start a regular social group for people 18 – 50 with sight loss, so please get in touch if you are interested!

Contact Eleanor Rothwell for more information on 07702 821915. **'Be a Geologist' Day**

TURN up any time to get help with fossil hunting, or to participate in a mini field trip and find out more about the rocks and landscapes that surround Penarth.

See what's in the loose rocks along the beach and help interpret your surroundings. Call Cindy Howells on 029 2057 3354 for more details.

Cadstock BARRY'S Cadstock festival takes place at Victoria Park on August 17 and August 18.

It's a free event and more than 5,000 people are expected to attend. A spokesman said: "It's the 10th anniversary of the event and five bands will play each day from 1pm to 7pm."

People can take their own food and drinks, but there will be hot food supplied at on the day by the Friends of Victoria Park and Barry Round Table.

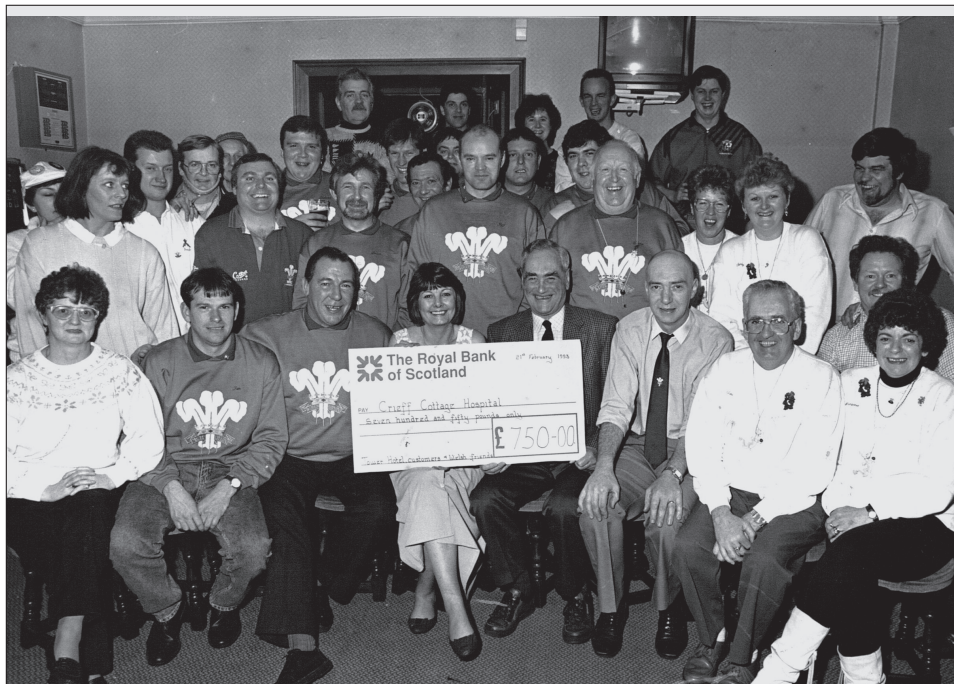
Llancarfan Village Show LLANCARFAN show takes place on Saturday, August 17 in Llancarfan Village Hall, St Cadoc's Church, Llancarfan and an adjacent marquee. Schedule of classes available from Sue Taylor (01446 781453)

and Ann Ferris (01446 781350). Entries from all areas are welcome. Doors open at 2.30pm for viewing entries and visiting the stalls.

PACT meetings COME along to Gibbonsdown 'Cuppa with a Copper' which is held every Monday morning at the Aberaeron HUB, Aberaeron Close between 10am and 12 noon.

A police surgery will be held at Victoria Park Community Room on Thursday, August 22 between 2pm and 4pm. A coffee & chat will be held at Cobbles Restaurant, Ogmere By Sea on Tuesday, August 27 at 11am.

The (rugby) ties that bind two towns – in Wales and Scotland.



A social event in (we think) Scotland in 1988, just one stop on a rugby-based friendship that has lasted for over 40 years.

APART from having the same initial letter, and both being market towns, what do Crieff and Cowbridge have in common?

The answer is rugby, because every year, when Wales play Scotland, each town hosts welcome visitors from the other who are following their

national side. The relationship started when it was the Five Nations Championship, and continued when it became six nations. For some Cowbridge folk, Crieff outweighs the seductive charms of Paris, and Crieff rugby fans will always choose Cowbridge over Rome! The picture (above)

was sent to The GEM by Tom Handy from Crieff, who told The GEM: "As I recall, it all started in the early 1970s, and continues right to the present day, with at least a dozen travellers heading to Cowbridge or to Crieff. "They are long weekends, very social and absolutely hectic but great fun." According to Tom,

the rugby fans from each town have fallen for the charms of their respective areas, and many people now visit all year round. He said: "Over the years, our Welsh friends would come to us for their summer holidays, just as we still do with them. "There will even be visitors coming next

month to the Highland Games!" The photograph was taken after a social event raised £750 for Crieff New Cottage Hospital. Tom says it was suggested by the Welsh contingent! Tom is a little hazy about who is who in the picture, but he is quite sure that he and his wife are seated, bottom right.

Meeting a naked Rambler in the Black Mountains

WILLIAM from Penarth and District Ramblers played host to a group of walkers beginning their walk from the active market town of Talgarth, which lies nestling below the Black Mountains.

Setting off and passing the old disused asylum which later became the Mid Wales Hospital they entered fields, pausing at Rhos Fach Common for morning break and scrumptious banana cake from John R.

Climbing steeply via Rhiw Cwnstab up onto Rhos Dirion, they paused at the 713m trig point to enjoy the stunning views of the Wye Valley, Hay Bluff, the Black Mountain ridgeways and the Central Brecon Beacons.

A journey along the escarpment led them to Twmpa or Lord Hereford's Knob and during their lunch break, a gentleman walker who was stark naked except for socks, boots and a hat – which he politely doffed to greet them, passed by.

Refreshed, they descended to the Gopel Pass following rough sheep tracks to the valley below and on past Neuadd Farm into Hay Forest.

Reaching the village

of Velindre, a steep path brought them past Graig Wood, then Bradwys Wood and through the National Trust's Park Wood for the return to their start where, seeking out the local butcher's shop, purchases of prized Welsh lamb and beef were made prior to the homeward journey. Delightful evening sunshine but very humid conditions greeted the nine walkers who joined Joy at Rhos railway station for a local coastal walk.

Setting off and passing through Fontygary Leisure Park, they were rewarded with great views towards The Leys and across the Bristol Channel to the misty Somerset coastline. Carefully descending the cliff steps which are in need of repair and gazing across the salt lagoons that fill with high tide, and spotting a grey heron, they made their way to the sea defence wall that stretches along the coastline to Gileston and Limpert Bay.

Once the site of a thriving port back in the 16th century when Aberthaw A-Station opened in February 1960, the River Thaw had been re-routed to its present position and at Pleasant Harbour, a pretty lake surrounded by reed beds and overlooked by the redundant old Limeworks, is situated on what had been

marshland. Circumnavigating the lake through tall reed beds they made for the shell of the Limeworks, operational between 1888 and 1926.

Then retracing their steps they followed the Wales Coast path along the cliff top through Fontygary Bay before turning inland through fields and back to their start.

On August 3, meet at Cogan Leisure Centre to leave at 9am for a 10-mile moderate walk on North Gower (assistance dogs only); contact Clive on 029 2065 4156.

On August 4, meet at Cogan to leave at 8.30am for an 11.5-mile hard walk taking in Bryn Arw, Deri and Gaer which sadly will be John R's last walk for the group; contact John on 07484 844 533.

On August 8, meet at the Bridge Café car park, Cold Knap to leave at 6.30pm for a 4-mile easy walk across three fabulous beaches at Barrybados; contact Jan/John 01446 418514.

Programmes and membership advice can be obtained from Pam on 029 2025 5102.

Joy Strangward

New film festival to be launched in the Vale

A NEW film festival – the Vale Film Fest – is being launched this autumn and it aims to include films, workshops, creative talks and immersive events.

Madeleine Sims, curator of the festival said: "The response from the rural community has been astonishing with regard to the film talent and unique venues that are here. "It was from this that we arrived at the name for this year's festival, 'The Hidden Here', which is of course a play on words defining what our festival celebrates." The festival is partnered with University of South Wales Film and Television School who are supporting the short film competition, which asks entrants to produce a one-minute short.

The festival is scheduled to take place in various venues, including St Cadoc's Church, St Donat's Castle, Cosmeston Medieval Village, St Hilary Church, Cowbridge Town Hall, Coed Hills,

Dresd Studios and GJD Air Museum in St Athan.

The programme of events will include discussions and masterclasses in green screen, make-up, prosthetics, set and prop work, workshops on animation and puppeteering, Q&A with industry experts and of course screenings.

Some of the films included in the festival are: *Apocalypse Now* (1979), *Top Gun* (1986), *The Blair Witch Project* (1999), *The Dam Busters* (1955), *Jurassic Park* (1993), *Rocket Man* (2019) and *Kingsman: The Secret Service* (2014).

Lynn McFarlane, director of Dresd Studios said: "The Vale Hidden Here festival is a very exciting project for Dresd and we are delighted to be a part of it. We will be celebrating the Aerospace Park and MoD site in St Athan where we are based and opening our studio and grounds. Film makers will be on site to talk about their craft." Madeleine Sims said: "We are supporting some unique projects across

the festival, making a short documentary on the Big Issue sellers in the Vale and this will be screened at the new Art Space at Coed Hills.

"We are also supporting an oral history project which is going to be fascinating as their community has such a range of voices."

Finally, Dresd Studios will also be hosting the Guinness world record attempt for the largest ever film quiz as part of the festival finale on October 5. The short film competition is now open for entries on www.valefilmfest.co.uk and the festival program and tickets will be available from August 19.

This event has been inspired by the Creative Rural Communities Team in partnership with the Vale Council. The project has received funding through the Vale Council and the Wales Rural Development Programme 2014-2020 (RDP), which is funded by the European Agricultural Fund for Rural Development and the Welsh Government.

MS

Motorbikes to travel in two Barry bus lanes

THE council has agreed to let motorbikes travel in bus lanes on the A4050 Port Road and A4055 Cardiff Road for 12 months.

Council officers will assess the safety of the pilot before deciding whether to allow motorbikes to use the bus lanes permanently.

The bus lanes affected will be on Port Road between Barry and Culverhouse Cross and Cardiff Road from Dinas Powys to the Merrie Harrier.

It comes after motorcycle groups asked the council to allow them to use bus lanes – which happens in other local authorities such as Cardiff.

Council leader Neil Moore told a cabinet

meeting on July 29: "I think it's a sensible move. It happens elsewhere – it happens in Cardiff and other local authorities."

A council report said: "There is some concern that the narrow bus lanes have substandard widths to safely allow motorcycles and mopeds to use them.

"As a consequence, appropriate safety assessments need to be undertaken before a decision can be taken to permit motorcycles to use these lanes on a permanent basis."

There are currently no plans to permit or encourage cyclists to use the bus lanes along Port Road for safety reasons due to the bus lanes being too narrow, the report said.

Cowbridge U3A history group learn about UK's worst rail disaster

BACK in 1915, Quintinshill signal box in Scotland was in a remote location (the nearest town was Gretna), sited to control two passing loops, one on each side of the double-track main line of the Caledonian Railway, which ran between Carlisle and Glasgow.

At Cowbridge U3A History Group recently, in an illustrated talk given by member Gavin, they learned how human error resulted in the worst rail crash in British history, with at least 227 deaths.

The box was staffed by a single signalman on a shift system. On May 22, 1915 George Meakin was the night signalman and James Tinsley was to work the early day shift. The line was to be used between 6.30am and 7am by a northbound local

stopping train, a non-stop London-Glasgow express, to be followed shortly by a second express and a troop train travelling south, filled with Scottish soldiers en-route to Gallipoli. An added complication was that both passing loops already contained goods trains.

Because both loops were occupied, the local train was shunted onto the southbound main line to allow for the Glasgow-bound express to pass through. The troop train collided head on with the stationary local train waiting on the line. Just over a minute later, the second northbound express train ploughed into the wreckage. Many sleeping soldiers were killed, but the disaster was made much worse by a fire from gas was stored in reservoirs under the carriages. The total casualty list was 473 dead and injured, making this terrible crash the worst ever in

the UK.

The crash investigation laid the blame on the two signallers who were both charged with manslaughter and found guilty of giving a 'line clear' signal on an obstructed track and other breaches of regulations. Tinsley was sentenced to three years' imprisonment and Meakin 18 months. Both served 12 months, after which time they were re-employed by the Caledonian Railway, although not as signallers.

Perhaps the company had been aware of the informal and illegal practices operated by staff, but had taken no action to prevent them.

This was a harrowing story of human fallibility, with terrible consequences, presented in an excellent fashion by the speaker.

SPM

The 'rugby triers' are the top prize-winners in Barry's premier league skittles competition



The winners of the Barry and District Ladies Skittles League Glenbrook Inn Summer Cup were the Rugby Triers (pictured above). Arthur O'Leary (pictured above left) presented the cup to Mandy, the captain of the team and the prize money was handed over by Cyndy Fenton, chairlady of the league.

Thousands gather for GlastonBarry Festival

THOUSANDS of people attended the GlastonBarry music festival over the weekend at Romilly Park.

Over the two days, there were 20 top tribute bands to entertain the crowds. The festival enjoyed ideal weather conditions – hot and sunny.

Local photographer Andy Wicks captured these fun images of the weekend.



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NEW



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NEW



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£89,950 G12




Chris Davies

SULLY




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Shower over Bath

£78,500 D59



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Parking


£129,500 E50



Kathleen Street, Barry
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Bath with Shower
West End

£145,000 D59

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2 Receptions
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WEST END



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West End

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£165,000 D60

Two Garages



St Andrews Road, Barry
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3 Double Beds
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5 Beds, 3 Receptions
Requires complete refurb

OIEO £375,000 G1



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Generous Gardens; No Chain

£195,000 C70



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Excellent Order Throughout

£220,000 C73



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Modern Kitchen
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SEA VIEW



Llwyn Y Gog, Rhooose Point
4 Excellent Bedrooms.
Glorious Uninterrupted Sea Views.
Double Drive. Garage. GCH.

£269,950 C69



Adenfield Way, Rhooose
Spacious Detached
4 Beds; 3 Receptions
Very Spacious

£325,000 C71



Benecrofte, Rhooose
4 Double Bedroom Detached
Large Plot - Ripe For Extending
Generous Rear Garden

£350,000 D66



Cilgant Y Meillion, Rhooose Point
4 Bedrooms; 3 Receptions
Double Garage; Private Garden
Excellent Order Throughout

£365,000 D57



Coed Y Capel, Barry
Two Double Bedroom House
Drive For Two Cars
Garage
Council Tax Band D. EPC C69. £675pcm


NEW



Fonmon Road, Rhooose
4 Double Bedrooms; 3 Receptions
Conservatory; Extensive Parking
Large Garage; Tucked Away

£375,000 C70

SEA VIEWS



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5 Beds, 3 Receptions
Conservatory
Sea Views

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RURAL VIEWS



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Walled Rear Garden

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Bosom pals raise funds for breast cancer charity

PONTYCLUN Bosom Pals are holding an event at Y Pant School on September 14 from 9.30am to 4.30pm.

The all day event will be supported by emergency services, Girl Guides and Air Cadets and will include refreshments, raffle and all day entertainment by local performance groups, choirs and a harpist. There will be also be a sugar craft demonstration and children's cupcake design competition; proceeds will go to the breast cancer charity.

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Vale gym members raise more than £10,000 for local causes



FORCE Strength and Conditioning members based at Llandow recently cycled the length of Wales – north to south – to raise funds for Jax Williams and Velindre cancer centre.

Jax (5) has quadriplegic cerebral palsy and his family are in the process of raising £85,000 to pay for a ground-breaking operation called selective dorsal rhizotomy which would be carried out in the United States.

The cycle ride, plus members rowing the equivalent miles on rowers back at the gym, raised a total of more than £10,000.

Organiser Louise Mitchell said:

"We had a tough three days riding in a lot in the rain. Friday was the worst weather we have had for ages and we had very little respite from the rain all day.

"However, we kept our spirits up and all managed to complete the ride. We did 65 miles on Thursday, 93 miles on Friday and 47 miles on Saturday.

"We cycled home to Llantwit beach via Café Velo who have kept our bikes serviced and provided spares for our bikes, and then went up to Force gym, where we received a heroes' welcome – just in time to see some other gym members completing the same distance on the rowers.

"So far we have raised over £10,000 splitting the money between Velindre and little Jax."

August 1 is 'Lamb Day' – a great excuse to enjoy the best Welsh produce

AUGUST 1 is Lamb Day, an annual event which marks the start of the season for Welsh Lamb, which is ample and at its best in the coming months.

To help kick-start the Welsh Lamb season, Hybu Cig Cymru – Meat Promotion Wales have unveiled a series of mouth-watering recipes to celebrate Lamb Day on August 1.

The new series of recipes range from a quirky Welsh Lamb and pesto pizza through to more traditional pulled shoulder, so there's sure to be something to suit all tastes. Working on this year's campaign is the chef of Gower's Beach House Restaurant, Hywel Griffith, who's making an increasing impact in food circles after his restaurant was named AA Restaurant of the Year and recently listed by The Times as one of the best places to eat al fresco in the UK.

He said: "Welsh Lamb is simply unrivalled by any other lamb bought globally, with our landscape and sustainable

farming methods perfect for producing meat of stunning quality and consistency. The sustainability of the food we eat is an issue that's gained increasing prominence in recent years, with Welsh farmers working hard to enhance their natural environment and in harness with nature to produce a product that's both sustainable and loved for its taste."

With Welsh Lamb being awarded Protected Geographical Indication (PGI) status, with factors such as the clean air and spring water, fresh grass and fragrant heather contributing to create a delicious product.

If you enjoy this recipe, then there are many more to be found at eat-welshlamb.com.

Herb crusted pulled Welsh lamb shoulder

Ingredients: Shoulder Welsh Lamb on the bone (can be made with boneless shoulder); Handful fresh thyme leaves, chopped; 1 sprig rosemary, chopped; 1tbsp oil, 1 lemon, zest and juice; 4 garlic cloves, roughly chopped; 1tbsp cumin seeds, 1tbsp fennel seeds, ½tsp coarse black

pepper, ½tsp sea salt; 100ml water.

Method: 1. Pre heat oven to 160°C/Gas 3-4 and place the Welsh Lamb shoulder in a deep roasting tin; 2. Place the garlic, seeds, and seasoning in a pestle and mortar and lightly crush. Add the oil, zest and juice of lemon and fresh herbs; 3. Make a few slits in the surface of the shoulder and rub the herby mixture all over the surface. Add the water to the tin; 4. Place in the oven for 45 minutes until crust has browned, then cover with foil and return to the oven for approximately 2½ hours until the meat is very tender, basting occasionally; 5. Remove from the oven and rest for 20 minutes. To pull/shred the meat, use two forks to pull the meat off the bone. Delicious served in flatbreads with a minty yogurt dip and crispy salad, or served sliced with vegetables and gravy as a roast shoulder of Welsh Lamb.



Fees that please!

LLANTWIT MAJOR	ST ATHAN	BOVERTON	LLANTWIT MAJOR	LLANTWIT MAJOR	LLANTWIT MAJOR
					
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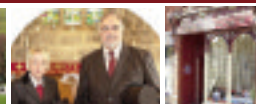
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MANLEY

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Leah will be sadly missed by all her family and friends.
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TAYLOR

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(NEE HOARE)

Peacefully at Llandough Hospital on 18th July with her family present, Stella aged 96 years, beloved Wife of the late Joe. Much loved Mum of Sandra, Adrian and Alexis, loved Mother in-law of Tracy, cherished Grandmother and Great Grandmother.
Stella will be sadly missed by all her family and friends.
 Resting at A G Adams Funeralcare until the Service in the Chapel of Rest on Wednesday, 7th August at 1pm. Followed by Committal at Cardiff & Glamorgan Crematorium. Flowers may be sent or donations in lieu if so desired for The British Heart Foundation c/o the funeral director.

POTTER

Marion Vera

Peacefully at Llandough Hospital on 16th July, aged 95, beloved wife of the late Ron, mother of Michael, David and Brian. A loved grandmother, great grandmother and great great grandmother.
 Resting in the care of Lyndsay Ellis@ The Vale Funeral Service, Court Road until the service at Cardiff and Glamorgan Crematorium, Port Road, Barry on Friday, 2nd August at 10am.
 No flowers. Donations in lieu of flowers if desired to Ty Hafan Children's Hospice.

WILLIAMS

Peter

Passed away peacefully after a long illness at Marie Curie Hospice, Penarth on 21st July 2019. Loving husband to Lynne, dearest Dad of Amy, Paul, Ellen and Craig and cherished Bampy to Dan, Lartara, Tian, Rhys, Dylan and Neve.
A special appreciation and thanks to all the district nurses and staff at Marie Curie.
 A service celebrating Peter's life will be held on Tuesday, 6th August 2019 at Barry Crematorium at 2pm. Informal dress may be worn.
 Family flowers only but donations in lieu, if desired, would be gratefully received to Marie Curie Hospice Penarth.
 All enquires to Green Willow Funerals, 21a Station Road, Dinas Powys, CF64 4DE. Tel: 029 2051 4627.

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KING

Florence Mary

"Flo"

This amazing lady passed away at Llandough hospital on Wednesday, 24th July aged 87, after enduring many months of illness with her characteristic tolerance, grace and good humour.
 Beloved wife of the late Ivan JOHN, treasured Mother, adored Grandmother, dear Sister, much loved Aunt, valued friend and was completely besotted with Great Grandson baby Axel.
Selfless to the end, Flo will be missed enormously.
 Funeral Service to take place at Crossway Methodist Church, Barry on Thursday, 15th August at 10:45am followed by cremation at Cardiff & Glamorgan Crematorium, Barry.
 Family flowers only. Donations in Flo's memory may be made at the service to support British Heart Foundation or Marie Curie Hospice.
 Flo liked colour, wearing black isn't compulsory. Funeral arrangements entrusted to Lyndsay Ellis @ The Vale Funeral Service 01446 407962.

JENKINS

Dorothy Rose

With her family at her side, Dorothy sadly passed away on Sunday, 21st July 2019 aged 96, at the Waverley Care Centre in Penarth.
 The devoted wife of the late David Ward Jenkins, Master Baker, the dearly loved mother of David and Lesley and the much loved mother-in-law to Susan and John.
 The cherished nan of Nicholas, Simon, Matthew and Robert. Dorothy will also be sadly missed by Catherine, Rebecca and Catrin.
 A loving great-grandmother to Emily, Poppy, Oliver, Mia and Ana.
Dorothy was a gentle friend to all that she knew and she will be greatly and sadly missed.
 Resting at James Summers Funeral Home, Penarth. Funeral Tuesday, 13th August at 12 noon, at Cardiff and the Vale Crematorium, Barry.
 Family flowers only.
 Donations may be made, if desired, to The Alzheimers Society or Guide Dogs for the Blind.

CURRIE

David

Peacefully at home on 24th July 2019 following a long battle with lewy body dementia. Much loved husband of Ann, father to Allison and Christine, and grandad to Isla and Jamie.
He will be dearly missed.
 Memorial service to be held on Friday, 16th August 2019 at 12.30pm at St Tydfil's Church, Llyswoerney.
 Donations in lieu of flowers, if desired, to Friends of the Dementia Cafe, Llantwit Major C/O Green Willow Funerals or online at www.greenwillowfunerals.com/tributes-donations.
 All enquires to Green Willow Funerals, 21a Station Road, Dinas Powys, CF64 4DE. Tel: 029 2051 4627.

Thank You

THANKYOU

Kay Gay and Ray Evans
 Unaccustomed as we are to public writing, we wish to thank our families and wonderful friends, for making our 75th & 85th Birthdays so special.

'Roll on the next 5 years'

Thank You

The Knight Family - All of them
 would like to thank the lovely, generous friends who came to celebrate Mair's 80th birthday, and give so generously to the RNLI.
 Total raised £400.
 Fantastic!

JAY UDE

on 7th August

HAPPY 21ST BIRTHDAY JAY
 Very proud of you.

Love always, Dad X

To our dear Grandson

JAY UDE

Happy 21st Birthday
 for the 7th August

Love you always

Nan & Gramps
 XX XX

Congratulations

Lloyd Brett Davies

Congratulations Lloyd

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 Gran, Grampa,
 Connor & Dad xx



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Support Garen's goal to cure Parkinson's in Ray Kennedy Cup

A PORTHCAWL man will be playing in the Ray Kennedy Cup in Denmark next month – an international seven-a-side football tournament for people with Parkinson's.

Garen Williams (pictured above, front left) who works for Bridgend County Borough Council as a construction design officer, was diagnosed with young onset Parkinson's three years ago.

Since his diagnosis, Garen has learned about the importance of regular exercise and a balanced diet in slowing down the progression of Parkinson's.

He said: "It is very important to exercise in order to build up

strength, balance, good posture and speed. Not only does exercise reduce stress, but it also enhances a positive attitude to life.

"Doing exercise focuses my mind on my abilities, boosts my self-esteem and makes me feel good.

"My goal is to raise awareness of young onset Parkinson's and to raise money for the Cure Parkinson's Trust. This is also a great opportunity to represent my country in a sport I really love and enjoy.

"Our journey to Copenhagen has been paid for, but we need to raise awareness of this disease of which there is currently no cure." You can help support the team's fundraising efforts by visiting uk.virginmoneygiving.com/ and searching for 'UKYOPD'.

Two good wins for Llantwit Major

LAST Thursday evening saw Llantwit Major A team produce yet another two shot win in their Rockwool Triples League game against second placed Ogmores Vale.

Andy Vincent, Ambrose Horgan and Arthur Hayes won 10 of the 18 ends and ran out 18 - 9 victors.

Richard Bayliss, John Bailey and Colin Ashdown won 11 ends in a closer encounter and emerged winners by 16 - 11.

The closest rink was that of Mike Eveleigh, Stuart Comer and John O'Brien who were 10 - 0 up on the sixth but conceded seven ends to go into the last end 14-15 down. They redeemed themselves by scoring a one to see the game finish in a 15-15 draw. Dave Johns, John Moisan and Mike Harmon had an off night and were soundly beaten 7 - 19. **Overall match score 56 - 54.**

It was clearly Llantwit's night as the home side also won the two raffle prizes! The previous Thursday evening saw a bottom of the table clash as Llantwit Major A bowls team hosted Pencoeed. As a consequence of the previous week's win, Llantwit had overtaken Pencoeed in the league table.

The crucial encounter happened on the home rink comprising Mike Eveleigh, Stuart Comer and John O'Brien. They were 17 - 5 up after 10 ends but gave away 6 shots on the 13th and were trailing by 17 - 19 with 3 ends to go. Two 3s on the 16th and 17th ends saw them restore the lead by 23 - 19. An extremely tense last end saw Pencoeed score 2 shots, which was not enough and meant a mightily relieved Llantwit rink ran out 23 - 21 victors.

Andy Vincent, Ambrose Horgan and Les Fowler scored steadily and won 13 of the 18 ends to run out as winners by 21 - 10. Dave Johns, John Moisan and Mike Harmon emerged as winners by 14 - 10. Richard Bayliss, Colin Ashdown and Dave Thomas were unfortunate to lose by 9 - 24 shots. The overall result was a home victory by 67 shots to 65. PB

Tennis club open day in Cowbridge

ON Saturday 20 July, Cowbridge Tennis Club hosted its summer open day, with activities for all ages and abilities, showcasing how fun and addictive playing tennis can be.

More than 100 people attended, with many taking part in the cardio tennis and Tennis4kids activities, which were run by the club's LTA qualified coaches.

The sessions, which are run by the club all year round, were a taster of what is on offer to members and non-members.

The club also promoted its pay-to-play option, where non-members can book a court on the club's website.

Richard Owen, chair of Cowbridge Tennis Club, said: "It was fantastic to see so many new faces, as well as members at the open day. The weather wasn't great to start with, but that didn't dampen any spirits, and everyone seemed to have a great time getting involved with their sessions; the sun came out eventually to shine on everyone.

"The open day, like the one we held in May, is about showing that as a club we are open to all. We want everyone to enjoy playing tennis, whether it's just a hit around with your family or becoming a member and getting involved with teams.

"Cowbridge Tennis Club is inclusive, not exclusive, and we hope that through our open days and more events, we will see more of the community get involved."

The open day also saw the club host a target tennis inflatable, giving everyone the chance to beat the scoreboard, as well as a tennis express session for those adults who fancied learning the basics.

The club would like to thank the local businesses who donated raffle prizes for the event, including Noble Grape, The Hair Business, The Bay Tree, Town & Country Collective and HRT estate agents.

For more information about the club, its pay-to-play option and membership, visit www.cowbridgetennis.co.uk

FC

Wenvoe seniors open

THE Seniors Section at Wenvoe Castle were delighted that golfers from throughout south Wales and further afield showed solid support for the recent Seniors Open.

The entry of 134 competitors typified the willingness and enthusiasm for players to support other club's Seniors Open Day and the players were rewarded with excellent weather. The championship course was presented in its usual superb condition: the hot weather meant extra roll on the fairways, which was an additional but interesting challenge and the greens were an absolute delight to play.

The main competition was an individual stableford and prizes available for the top three scores in three separate age groups. Category A: 55 to 62 years, Category B: 63 to 69 years and Category C: 70 years and over.

Additional prizes were available for nearest the pin on the challenging 159 yards ninth hole and nearest the pin in two strokes on the finishing 376 yard 18th hole. The latter was played out in full view of the busy patio in front of the club house and provided an interesting climax to the round.

The results were both interesting and pleasing in that away players were quite successful against home players with some local knowledge. However, the two top scores were posted by Wenvoe Castle members with Alan Grant a clear leader with a superb 43 points, and Murray David scoring an excellent 41 points.

Results

Category A (55 to 62): first 39 points, Mike Morley (Neath Golf Club); second 37 points, Ray Sims (Llanwrn Golf Club); third 35 points, Steve Daniels (Celtic Manor Golf Club (countback)).

Category B (63 to 69): first 38 points, Jeff Emes (Wenvoe Castle Golf Club) (countback); second 38 points, Martin Rhys (Radyr Golf Club); third 37 points, Martin Cook (Neath Golf Club).

Category C (70 and over): first 43 points, Alan Grant (Wenvoe Castle Golf Club); second 41 points, Murray David (Wenvoe Castle Golf Club); third 39 points, Robin White (Wenvoe Castle Golf Club).

Nearest the pin ninth hole: Tony Horton (Llanwrn Golf Club). Nearest the pin second stroke 18th hole: Gary Griffiths (Neath Golf Club).

BJ

Members and guests at Brynhill

WITH the magnificent Barry course in almost perfect condition, Brynhill held its Members and Guests on July 28.

Top pairing were Brynhill's Glyn Coles and Wenvoe's Neil Kelly, their 42 points good enough to squeeze out Brynhill's Bob Bounds and his partner, Whitchurch Golf Club's Phil Bond, on a back nine countback.

The longest drive was hit by Mark Weaver, with Phil Bond claiming nearest the pin. Special mention to Tony Thomas, who holed his tee shot on the par three third and now joins the select band allowed to wear the Hugo Boss sports watch, which is presented to the Ace Makers.

On the team front, the Wayfarers' season of misery continued, going down 3-2 at home to an excellent Celtic Manor side. The Barry boys battled to the bitter end, eventually losing two matches on the last but the Newport team proved just too strong.

The Brynhill Halletteers meanwhile ended their indifferent season with two fine away draws, the first at Ridgeway with Gratton/Cummings and the veteran duo of Brookman and Bowsher (combined age 135 years) securing the draw, followed by a similar result away at Glamorganshire.

This time the winning pairs were Bowsher/Lloyd and the ever dependable Mathews and Searle. Onwards and upwards for the Halletteers next year.

Next weekend begins with the Colin Jones/Corey Price Memorial Day; as ever the event promises to be well supported and local charities will be the beneficiaries, as we take time to remember popular local solicitor Colin and Brynhill member's son Corey, a talented footballer who never got a chance to realise his full potential.

Vote could boost youth gymnastic facilities in Barry YMCA



Young gymnasts in Barry are appealing to the public to take part in a vote which could provide funding for new equipment.

YMCA Barry is on the shortlist to win a share of a £1million Persimmon Homes' pot supporting under-18s nationwide – but first they need online votes to win.

The housebuilder runs a 'building futures' fund which makes donations to youth organisations and causes.

Persimmon Homes East Wales is backing YMCA Barry to be a prize winner at a gala dinner in October at which cash awards of £100,000, £50,000 or £20,000 will be made to those winning the most online votes.

Anthea Clements, chief executive officer representing YMCA Barry said: "It is a huge achievement to have been selected as a regional finalist, but now we really need people to get behind us

and get voting, so that we are in the strongest possible position to earn one of the top three cash awards on the night."

YMCA Barry Gymnastics is the most successful gymnastics club in the Vale of Glamorgan and has more than 850 members and an additional 200 pre-schoolers attending parent and toddler sessions on a weekly basis.

The gymnasts train from one to 18 hours per week and the club caters for all levels of gymnastics, from 'gym-babies' to international elite gymnasts, which includes two gymnasts representing Wales in Gymnastics at the 2018 Commonwealth Games and three gymnasts representing Wales at the 2014 Commonwealth Games.

Other gymnastics classes include gymnasts, recreational and preschool gymnastics for boys and girls, teen

gymnastics, as well as cheerleading, tumbling, disability, trampolining and competitive men's and women's artistic.

To ensure the current and future members have the best gymnastics experience possible, YMCA Barry are always trying to improve the facility and equipment.

Anthea added: "If we were to win, we would be able to buy the apparatus and we would realise a dream of setting up a satellite club in the rural Vale. Just log onto www.persimmonhomes.com/building-futures and select Building Futures – Sport and Select YMCA Barry Gymnastics Club to vote for us. We would really appreciate everyone's support."

SE

Tim's Cartmel double with champion jockey – racing round up with Brian Lee

VALE trainers and riders have been in fine form of late.

At Cartmel recently, Tim Vaughan teamed-up with champion jockey Richard Johnson and landed a double with *Champagne Chaser* and *Canton Prince*.

The former, a 6-1 chance, got home by half-a-length from the odds-on favourite *Black Anthem* and the latter, who was returned at odds of 7-2 in a four-runner race, won by four-and-a-half lengths from *Sonic*.

Welsh trainer Peter Bowen also had plenty to smile about as he won with *Dr Robin*, who was partnered by his son James Bowen.

At Chepstow, there were winners for local trainers Ron Harris and Robert Stephens.

Harris saddled *Don't Stop Dancing*, a 40-1 shot, who was ridden by Bargoed's David Probert, and Stephens won with *Secondo* the 7-2 second favourite.

Stephens also had a winner at the Ffos Las evening meeting when

his *Toshima* scored under TJ O'Brien and, as far as I know, this was the first time that he has had winners at two different meetings on the same day.

James Bowen's older brother Sean won on his father Peter's *Buckeye Shan*, which had five lengths to spare over *Patsio*.

If you have any racing news, contact Brian Lee Tel:02920 736438.

'Up and down week' for the Llantwit ladies

LAST week it was a case of you win some, you lose some for the Llantwit Major Ladies' bowls team.

On Tuesday we travelled to Prince of Wales Porthcawl and it was a disappointing afternoon. The ladies of Llantwit Major could not match the Curlews of PoW, who all played brilliantly.

Only Dilys's team held them off until the second half. With the score 9-3 to Llantwit Major, the Curlews came back with a four and just kept on going. We lost on all rinks.

On Thursday, we welcomed Cowbridge for another league game. This time, Llantwit Major went ahead from the start. Kay, Glenda, Dilys and Barbara took a four on the first end and romped the

game, winning 21-10.

Dawn, Gaynor, Jenny and Carol also went into the lead from the start, a six on the ninth end helping them along. Although Cowbridge did challenge at the end with a four, the Llantwit Major ladies held on to win 25-14.

Liz, Judy, Marilyn and Julie M had a steady game until the 14th end when Cowbridge ladies went into the lead, but Julie and her team came back to draw the game 14-14. Well done Judy and Dawn in your first league game.

Our club has been fortunate this year to have a number of new players who have thrown themselves into the game and seem to be enjoying it, a big thank you to them all.

CW

More success for Vale trainers on their travels

VALE trainers Tim Vaughan and Christian Williams both saddled winners at two different meetings recently.

Tim scored with *Danboru* who, partnered by stable jockey Alan Johns, won the opener at Newton Abbot, and Christian's *Game Line* under Pembrokeshire's James Bowen was successful at Stratford.

James' older brother Sean Bowen had earlier won on the Dr Newland trained *McGroarty*. *Danboru*, who had two-and-a-half lengths to spare over *Velvet Revolution*, was returned the 11-4 second favourite and *Game Line*, who won by three and three quarters of a length from *Alexandra The Grey*, was available at odds of 5-1.

Imogen strikes for Flint at Leicester

IMOGEN Mathias landed her first winner for Vale trainer John Flint when taking the opening AJA Novice Amateur Riders' Handicap at Leicester last week on Winklemann.

The seven-year-old, who went off the 7-2 favourite in a field of 16 runners, scored by a length from *Chetan* and Imogen who was having her 13th ride under rules, was making amends for when she 'won' on the horse last December only to be disqualified for having lost her weight cloth.

Brian Lee

Six-a-side teams needed in Barry

SIX-A-SIDE football teams are needed to join an expanding Six-a-Side League on Mondays from 8pm to 10pm at Jenner Park, starting on August 12.

The benefit of playing in the League, which is run by fully insured Welsh League officials, is the advantage of fitness all year round.

If any team or players are interested, contact John Cottrell on 07990 870663 or email Johncottrell.ref@hotmail.co.uk

JC.

Meet Glamorgan's new T20 opening bat

AFTER arriving in Cardiff more than a week after signing for Glamorgan, Pakistani batsman Fakhar Zaman is looking forward to reacquainting himself with the Sophia Gardens ground where he has a number of memorable performances.

The 29-year-old left-hand opening batsman arrives in Cardiff on the back of two top-scoring performances elsewhere in the World Cup, with knocks of 62 against India and 44 against South Africa.

His last appearance at Cardiff came in May in a one-off T20 match.

After a conversation with Pakistan national coach Mickey Arthur, he was convinced that a return to Cardiff with Glamorgan was the right move.

"I had a call from my agent after the World Cup, who said that Glamorgan wanted to sign me," he said.

"Mickey Arthur also spoke to me about it, and I said that I would love to play for Glamorgan. I signed without any hesitation.

"I don't know much about Cardiff, but I played a few matches here in the Champions Trophy in 2017, so I have good memories at this ground."

In those two matches,

he scored 50 against Sri Lanka and followed it up with 57 against England in the semi-final.

"Glamorgan is a very historic county, and I have so many good memories of playing at the Cardiff ground," he said.

"County cricket is so different from other leagues. There's so much history in it, so I like it."

Fakhar initially signed for Glamorgan's first eight matches in the Vitality Blast but visa issues have seen him miss the first two matches, the defeat to Somerset in Cardiff and a no result against Gloucestershire at Cheltenham.

Now that he has arrived, he says he is looking forward to getting started.

"I'm very happy to be part of Glamorgan County Cricket Club," he said.

"I was looking to play county cricket and I got this opportunity, and I would like to make it memorable. I was having visa problems, but thanks to PCB [Pakistan Cricket Board], they helped me out to get my visa quickly.

"Now I'm here and I'm looking forward to it."

Fakhar has been named in the squad for the match against Surrey on Thursday (July 25) at The Kia Oval, where the Welsh county have an impressive record in T20 cricket, with six wins and

a no result in their previous seven matches there, including a run of five victories on the bounce.

A day later, he is expected to make his home debut at Cardiff against Middlesex.

Despite the first two results in this season's competition, he says that Glamorgan's record at the Oval is cause for optimism.

"I've been following Glamorgan and they're playing good cricket, so everybody is confident that we'll be good and win the game," he said.

"I will obviously bat in the top order, but I haven't spoken to anybody yet because I only arrived in the morning.

"First of all, we're focussing on the Surrey game and yes, of course, we're also planning for the Middlesex game. Hopefully it will go very well for us."

Fakhar will wear shirt number 39, which he chose himself on arrival in Cardiff.

"I was in the Navy in Pakistan in 2007, and my room number was 39," he said. "I received three or four numbers and was told I should choose one of them, so that's the number I chose."

Report by Alun Rhys Chivers

Penarth bowlers win critical fixture

STORM clouds were gathering over Rectory Green on Saturday last as stand in captain Brian Brennan and his team took on Cardiff Athletic in a critical PG2 encounter.

There were just two shots separating the teams at the halfway stage and the home supporters on the bank were having real concerns that the game was drifting away. Thankfully, all was not lost as Nick Thomas, Mike England, Guy Thomas and Dave Murphy steadily built up a convincing lead and ran out victors by 28-10.

Carrying on in the same mould were Brian Brennan, Derek Blainey, Bob Lewis and Dave Holdaway who also never surrendered their lead. The result was an impressive 28-12 win.

Colin Hicks, Bob Willmott, Billy Croll and Neil Gaskell battled

throughout, but were not quite able to register the win they deserved, going down by 14-18.

The Dave Dalby rink found life somewhat difficult as they were defeated 13-26, surrendering 12 shots over the final six ends. With the black clouds overhead disappearing, blue skies returned to welcome a Penarth win by 83-66, and a haul of 10 points.

Earlier in the week, Dinas Powis were the visitors for the Munro Cup and it turned out to be close. With 3 rinks concluded, the game stood at 64-64. Nick Chandler, Bob Horne, Mike Conway and Berwyn Lansley prepared to bowl the last end. Regrettably, nerves overcame them and Dinas secured one shot for a 64-65 win. With only Tony Holmes, Paul Gunter, Paul Church and Russel Daniel recording a win and 2 points, this was a serious knock to Penarth's chances of taking the Munro crown.

NC

Dinas now lead the table by a short head.

The first of the ladies games was at home to Rumney Gardens and Penarth stormed to a 21-9 lead at the halfway stage. This lead was further compounded by the end for a 59-16 win. Both rinks bowled superbly with Wendy Grant, Sue Croll, Tricia Brinkworth and Chris Church rattling

up a mind-boggling win by 36-8. Captain Chris's rink of Belinda Price, Kath Jenkins and Betty Jones won by 23-8.

The following afternoon saw the Double Rink match at Penarth. Windsor and another win, albeit by just four shots. Joan Lewis, Diana Willocks, Mary Bowen and Lynda Jones led from the first end to win by 17-9. Not so fortunate were Jayne Edwards, Barbara Brown, Maureen Dalby and Anne Thomas as they fought back after being 3-10 down after 7 ends, to narrowly lose by 4 shots 12-16.

Tony Yates reviews the Kia Stinger 'GT S' - 3.3 T-GDi

WHAT Kia has done here is made another perfect car that has an engine more powerful than you can possibly comprehend – plus the added option of being one of the most comfortable cars I have ever had the pleasure of sitting in.

The Stinger is not only good – it's utterly brilliant and I'm not just saying that either – it really is stunning to drive.

Power and Efficiency: The version I currently have on test is powered by a 3.3-litre turbocharged petrol engine with 361BHP and 510Nm of torque which makes the Stinger move along like a scalded cat – and when you consider it's quite big in size, that makes it even more that little bit special.

So, big engine means bad fuel economy right? Well actually it's not that bad at all – and you can expect to achieve around 29.4mpg (combined) plus, an eye wobbling top speed of 168mph. Of course, speed needs to be kept on the track, but the little secret of the Stinger is that it loves the idea of doing just that.

On the road: The Stinger feels very good on all roads surfaces and there are no dramas to talk about here because it's well balanced and settled even on some of our most demanding roads, meaning you will have less to worry about if you decide to start planting the Stinger briskly into the corners.

I know I have said this time and time again, but the Kia engineers really do put a lot of effort into making their cars handle well and you can feel that in the way the Stinger tells you exactly what's going on beneath you while Kia's onboard safety features do their job by keeping everything present and correct.

Safety and Technology: Trim levels on the inside of the Stinger



are also lovely and everything was bathed in leather and chrome but for me, the Stinger is a long-distance mile muncher and a car that is able to accommodate a large family and pretty much everything you can throw at it.

The interior is also well thought out with modern hard-wearing materials that will be very good at resisting wear and tear for many years. Plus it's fitted with more safety features to keep you and your family safe which

makes me feel all warm on the inside.

With technology now being one of the most important factors most people look for when buying a new car, the Stinger needed to offer a lot of toys. Well, I can happily report that the Stinger does not fall short here and comes with a whole array of features such as; 19" alloy wheels, dark chrome front grill surround, tinted glass, projection headlights, LED headlights, LED daytime running lights and LED rear tail lights, sliding and reclining front seats, 9-speaker audio system with front under-seat subwoofer, 15-speaker Harman / Kardon premium audio system with subwoofer, external amp and front centre speaker, customisable head-up display (HUD), DAB radio with MP3 compatibility, shark fin antenna, USB and AUX ports for connection of a media device, rear USB charging port, Bluetooth with music streaming, electronic controlled suspension (ECS) and Brembo brakes.

The long list just keeps on going – it will cater to your every need.

To sum up: Go out right now and see for yourself what the Kia Stinger has to offer. What a brilliant car – it's a massive five stars from me.

Price: From £40,575.

Increase in mental health issues for young people in Cardiff and the Vale

THE number of young people in Cardiff and the Vale of Glamorgan accessing mental health services has almost doubled over the past year.

Cardiff and Vale University Health Board has admitted its child and adolescent mental health services is struggling to cope with the extra demand. In April and May this year, 348 young people were referred to mental health services while only 177 were referred during the same period in 2018 – a rise of 97 per cent. Half of users referred were assessed within 28 days, compared to the Welsh Government's expected standard of 80 per cent. Steve Curry, chief operating officer for Cardiff and Vale UHB, told a health board meeting on July 25 that the rise in mental health referrals had been "extraordinary".

A total of 1,927 referrals were received by Cardiff and Vale's child and adult primary mental health services between April and May 2019 – an increase of 14 per cent on the same period in

2017/18. Professor Sally Holland, Children's Commissioner for Wales, said much of the sharp rise in demand for mental health services across the developed world is due to an increase in awareness and lessening of the stigma around mental illness.

She said: "It is not clear whether mental health problems themselves have increased, because we do not have an up-to-date prevalence study for Wales, but many people point to the pressures of the modern world such as the increase in high expectations of exam success in schools and physical appearance through social media platforms such as Instagram and TV programmes like 'Love Island'. It is clear the emphasis has to be on early intervention and prevention where and when they need it, rather than facing long waiting lists for clinical services."

Child and adolescent mental health services in Cardiff and the Vale have recently returned to being managed by

Health Board from Cwm Taf health Board. Prof Holland said: "I am pleased that the health board has recognised that in the face of such high demand they cannot continue trying to simply fix the system as it is."

Simon Jones, head of policy at Mind Cymru, said young people should be involved in the decision-making around their mental health services. He said: "One clear place to go for help in the first place, simple referral routes to treatment and short waiting times are all important to ensure young people get the help they need when they need it. There needs to be a wider response and greater support at grassroots and community level too."

A spokeswoman for the Cardiff and Vale UHB said: "Through targeted Welsh Government financial support we are working with schools, local authorities and voluntary services to improve emotional wellbeing resilience for young people before issues arise."

Matt Discombe

EXHILARATION AWAITS



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Windsor Bowls Club faces battle of the sexes

EXCITEMENT was running high as Penarth's Windsor men faced the ladies in the annual battle for the prestigious trophy in honour of Rowland Owen, a former president and captain of Windsor Bowls Club.

Hardly needing their handicap advantage, the ladies triumphed by 29 shots. The men, however, did have the consolation of the best rink.

This is the fourth year that the event has taken place and all 40 bowlers enjoyed a most competitive match followed by a splendid buffet and raffle.

Thanks go to Moyra Owen and to all who worked so hard to make this day possible and to the generosity of the Windsor players that resulted in a donation of £350 to Holme Towers. Thanks also go to Ken McLeod for his splendid match organisation.

In the absence of a PG1 match, the Windsor men played two games last week, winning the Munro

fixture against Cadoxton but losing the PG2 game away at Llantrisant.

A strong Munro Cup team had a comfortable 50-shot win and picked up the full 14 points. Scores: Carlisle, Ellis, Turnbull, Palfrey 25-9. Peregrine, Morrish, Hales, Hudson 13-12. Evans, Matthews, Lewis, Stevens 27-6. Davies A, Cucciniello, Latham, Rees 25-13.

The PG2 team travelled to Llantrisant with some expectation but, in the end, failed to get to grips with a particularly difficult green. Although they won on two rinks, a heavy defeat on one of the other rinks resulted in an overall loss by 9 shots. Scores: Mathias, Brenton, Cucciniello, Lewis 14-27. Peregrine, Hardess, Williams, Davies D 19-15. Davies A, Evans, Hales, Latham 14-15. Ellis, King, Rogers, Howells 19-18. Four league points were secured.



Rowland's daughter Rhian presents the trophy to Alun Daniel with his team mates Colin Roper, Colin Johns and Alun Owen, Rowland's son.

Penllyn Bridge Club results

THE latest results from the Penllyn Bridge Club are as follows:

On July 4, 14 pairs: first, Helen and Mike Ruttle, 70.83 per cent; second, Fran Morgan and Anne Birt, 56.25; third, Julia Evans and Chris Impey, 54.17.

July 11, 19 pairs: First, Judith and Colin Nunn, 68.75 per cent; second, Phil Edwards and Mandy Meier, 61.88; third, David and Marion Stephenson, 58.44.

July 18, 16 pairs: First, Marian

East and Barbara Easterbrook, 66.56 per cent; second, David and Marion Stephenson, 57.14; joint third, Gwenth Wilde and Gill Wybrow and Judith and Colin Nunn, 56.82.

July 25, Robert Brown Cup, 14 pairs: first, Norma Barber and Gwenth Wilde, 62.12 per cent; second, Cath Mathias and Julie Evans, 59.09; third, Mansel Thomas and Mandy Meier, 56.44.

CN

Windsor are too hot for Cadoxton

WEDNESDAY, July 24 - Cadoxton v Windsor Munro Cup - away.

Cadoxton found their hosts Windsor too good for them on the night, with defeat on all rinks in a Munro Cup fixture.

The rink skipped by Jim Davies took a 5-1 advantage on the fifth end but the opposition drew level 7-7 on the 10th.

Cadoxton stayed level until the penultimate end - where they conceded a single to lose 12-13.

Don Kuhnell's rink took two singles on the opening ends, but two ends later were 3-2 behind. Two further singles regained the lead but they were then routed in the remainder of the game with only two more singles late in the game.

Derek Jeffries, with a player short, started with a '6' on the opening end and held an advantage until a '4' against on the 10th end took it away, with a 9-11 score. The result stayed close until a '6' and '3' on the last two ends settled the result in the hosts' favour.

Finally, Ian Heppenstall conceded a '6' on the first end and despite winning half of the ends, was unable to get back.

Scores: E Heppenstall, D Jenkins, W Craven, D Kuhnell 6-27 T Evans, M Matthews, C Lewis, M Stevens; K Davies A Ralphs, E Palmer J Davies 12-13 B Roher, P Morrissey, R Hales, R Hudson; D Sluman, J Papoutsou, D Jeffries 9-25 G Carlisle, R Ellis, D Turnbull, C Palfrey; J Stacey, E Davies, M Curtis, I Heppenstall 13-25 A Davis, M Cucciniello, S Latham, D

Rees. Overall score 40-90

Saturday, July 27 - Cadoxton v Penyrheol CML5 - away.

Cadoxton found the green at Penyrheol very difficult as there were very tricky lines with bowls running against the bias or zig-zagging down the green. Nevertheless, it was a close game. Starting the final end, the home side held a two-shot advantage with each side sure of two rink wins.

Don Kuhnell's rink took an early lead and stayed in front throughout, although they conceded a '2' on the last end.

The rink skipped by Howard Craven went in front from the 6th end and stayed there, despite a run of five ends with their score on 13. They also lost a single on the last.

Derek Jeffries was competitive on his rink and after 19 ends, only two shots separated them. However, a '3' against opened a gap, which was not overcome despite a winning '2' on the last.

Kelvin Chedgzy's rink failed to recover from being 10-0 down after four ends. Nevertheless, they were holding two shots on the final end, only for the opposing skip to move the jack to make a '4' for his side and complete a tense finish in their favour.

K Davies, D Jenkins, W Craven, H Craven 28-15; E Palmer, S Clarke, P Ellis, K Chedgzy 10-32; A Prince, E Davies, J

Papoutsou, D Jeffries 15-18; J Stacey, A Ralphs, M Hurley, D Kuhnell 20-15. Final score: 73-80.

DK

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16 66 BMW 430 D M Sport Gran Coupe 5dr Automatic (260bhp), BMW warranty Sept 2019, pro sat nav, reverse camera, 19" alloys, black, full leather£18795

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16 16 VW TIGUAN 2.0 TDI BMT Match Edition 5dr, sat nav, cruise, Bluetooth, 37k, black£12995

17 17 VW TIGUAN 2.0 TDI BMT 150 SE Nav 5dr DSG Automatic, VW warranty June 2020, sat nav, reverse camera, 25k, black£18995

16 16 VOLVO V40 D2 (120) R-Design Nav 5dr, sat nav, cruise, Bluetooth, 22k, red, half-leather£11995

17 67 VOLVO V40 2.0 T3 (152) R-Design Pro 5dr, Volvo warranty Oct 2020, sat nav, 18" alloys, 18k, choice£12795



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Dave takes the lead in Barry Chess Club championships

THIS week there was just one match in the Barry Club Championships. However it was an important match as it featured the only two players with 100 per cent records after the first two rounds of play.

There was an early miscalculation with a combination, meaning Dave Parsons won a piece for a pawn. Martin Ricketts fought back diligently and did eventually manage to recover the exchange but one of his rooks was trapped in a corner. This effectively meant he was a major piece down until he could bring this rook into play.

In a long game, time was running out when Dave earned the win to maintain his perfect record. Dave is now on three points from three rounds.

Tom Cooke, is second on 2.5 points as the only two unbeaten players. There are four players on two points but Ken Curry moves up to third place by virtue of a better tie break.

The fourth round will be crucial with Dave playing Tom. The four players on two points all play one another, with Martin playing Ken and Peter Watkins playing Sam White.

The Barry Chess Club meets at 7:30 pm each Monday at the West End Club. St. Nicholas Road, Barry CF62 6QY. The club is open to players of all standards; whether you are interested in playing competitive chess or just the occasional friendly games.

New players are very welcome to just turn up on the night but if you contact one of the club members through the website we can explain what is happening on the night you have in mind, and arrange for someone to greet you on your arrival. For more details visit our website at <http://barry-chessclub.yolasite.com>

PJ

Good week for Romilly bowlers with three wins out of three

ON Saturday, June 20, Romilly A side travelled to Rhose.

Rink 2: Paul James, Stuart Simpson, Phil Edwards and skip Ray Hewitson, won 17-13.

Rink 3: Arthur Champ, Paul Ross, David Frances and skip Tony Freeman, lost 14-26.

Rink 4: Dennis Mottram, Anthony Jones, Alfie Woolcock, skip John Kirk, lost 15-19.

Rink 5: Eric Fortt, Brian Parker, Mike Gronow and skip Barrie Griffiths, won 26-12.

Aggregate win for Romilly 72-70.

On June 24, Romilly played at Barry Central in the Munro Cup.

Rink 2: Eric Fortt, Stuart Simpson, Alan Bannister and skip Steve Close, won 21-6.

Rink 3: Arthur Champ, Dave Noble, Roger Jones and skip Tony Freeman, won 14-10.

Rink 4: Phil Herbert, Dennis Mottram, Jeff Daly and skip Ray Hewitson, won 19-8.

Rink 5: Phil Haines, Brian Parker, Alan Bryan and skip Mike

Doyle, won 33-4.

Aggregate win for Romilly 87-28.

On June 27, Romilly A side, entertained Fair Oak at Romilly.

Rink 1: Paul James, Stuart Simpson, Phil Edwards and skip Ray Hewitson, won 31-8.

Rink 2: Don Evans, Alfie Woolcock, Anthony Jones and skip John Kirk, lost 18-19.

Rink 3: John Kirkpatrick, Iain Forsyth, Paul Ross and skip Anthony Freeman, lost 21-22.

Rink 4: Phil Herbert, Alan Jones, Ryan Parker and skip Mike Gronow, won 24-19.

Aggregate win for Romilly 94-68.

The July 100 club draw 1st Jacqui McPherson and 2nd, Hilary James.

Romilly Bowling Club welcomes bowlers of any standard, social members and rooms are available for hire.

JWK

Glamorgan farmers enjoy their golfing trip to the Llynfi Valley



Sponsor Mike King with winning golfers Chris Watson and Robbie Llewellyn.

MEMBERS and guests of the Glamorgan Farmers' Golf Society visited Maesteg Golf Club last Thursday to compete for the Maesglas Veterinary Group Shield and also one of the many quality prizes associated with this annual event.

Played as a four ball better ball competition, 36 golfers set off from the first tee, all looking forward to playing a course sculpted from naturally picturesque surroundings with pronounced natural terrain and stunning views.

Despite the extremely warm weather Chris Watson, partnered by Robbie Llewellyn, played exceptionally golf over the front nine holes accumulating 20 points. Both players continued to rack up the points on the back nine securing a further 19 points to finish with a winning score of 39 stableford points.

Runner up with 38 points was the much fancied combination of Bryan Owen and Hugh Williams with Tosh Taylor and John Thomas finishing in 3rd place with 37 points.

The Colwinston high flyers, Charles Vicary and Clive Edwards, despite losing eight balls during the round, still managed to finish in fourth place with 35 points.

Former teachers Jeff Davies and Keith Davies paired together in the visitors group easily won their section when returning a very impressive 40 points leaving Patrick King and Dai Morris trailing in second place with 31 points.

Nearest the pin on the Watts & Morgan (Cowbridge) sponsored par-3 holes were Chris Watson, Jim Hayes and also the sponsor's representative Mike King.

Long hitting Iwan Davies easily won the Llanerch Vineyard and Restaurant sponsored longest drive competition and Keith Roberts returned home with the Pickeston Poultry voucher when correctly guessing an unprintable number of balls would remain out on this hilltop location which overlooks two counties.

The semi-final draw of the Nipper Jewell knock out competition has brought together Charles Vicary and Neil McLean leaving Dan Jarvis having to play society captain Clive Thomas with both games to be played by Thursday 29th August.

The next meeting of the society is Captain's Day scheduled for Thursday, August 15 on the Mackintosh course at very popular home of golf, Cottrell Park. **T McC**

Vale Firsts beat Dinas Powys in comprehensive fashion

THE table topping Vale Cricket Club first team travelled away to Dinas Powys, well respected because of their excellent character and superb teas!

After winning the toss, Vale elected to bowl and openers Darren Upham (9-21-1) and Joseph Davies (8-48-4) bowled with pace and precision reducing Dinas to 11-2.

Alex Upham (8-40-1), Aaron Davies (9-37-2) and Jimbo Thomas (7-18-2) were the other bowlers who produced a dominant display.

In the end Vale managed to bowl Dinas Powys out for 178 in just 41 overs. Catches were taken by Joseph Davies, Aaron Davies, Dean Oram and James Snelson.

By far the best batsman for Dinas was Curtis Wingren, who scored 58 and batted well throughout. Despite the excellent bowling performance, Vale will be disappointed to have conceded 34 runs in extras.

Having made an excellent start the Vale boys were looking forward to tucking into what is widely regarded as the best tea in the league; let's be honest they deserved it.

They were left hurt as the top order batsmen were told by their captain that they had all eaten enough. The top five left for the dressing room heart broken and others sniggered.

Maybe the captain had a point after all because after tea the Vale openers put on an excellent display of batting. Chasing a total of 179 runs to win, Alex Upham (78no) and Matthew Thomas (90no) put on yet another excellent performance.

The chase was good and strong as Vale finished 180-0 giving them maximum batting points. Not only did Vale secure an excellent win they also did it in superb fashion with 18 overs to spare.

The Fine Wines Player of the Match was awarded to Matthew Thomas for his excellent batting performance. Special mentions must go to Alex Upham, who performed well with bat and ball, and Joseph Davies, who took four wickets with the new ball.

Jimbo Thomas returned excellent figures bowling his leg spin.

Next week Vale will welcome Sully to Corntown, a big game which they hope will put them one step closer to promotion. **HW**

Sully Sports Bowls Club in tight Munro Cup victory

SULLY Sports Bowls Club visited neighbours Penarth Belle Vue for their Munro Cup game on Wednesday, July 24.

In a close low scoring game, the Sports triumphed on three rinks, and took an aggregate 63-59 overall win.

K Aguis' rink raced off to a 13-0 lead after five ends, but a strong fightback by the Vue, winning nine of the next 11 ends, reduced their deficit to 2 shots with two ends left.

The visitors held their nerve to take both ends and win 19-14.

C Coomber's rink went 7 shots down after three ends, which proved decisive, because although they won nine of the remaining 15 ends, they could not score enough shots to pull the game out-of-the-bag, and went down 13-17.

L Roman's rink was also very low scoring and was behind from the opening end till the 12th, but then nudged ahead to take a very close fought encounter by 13-11.

G Brown's rink was hard fought, as both sides led at various times. The Vue took a 7-shot lead after four ends, before the Sports hit back to lead by 6 shots with three ends left.

The home rink took a 4, before the visitors scored a single on the penultimate end, and a 2 for the Vue left them a shot short, giving the Sports a 18-17 victory.

The rink scores: D Burbridge, B Knight, G Currie, G Brown 18-17; A Fitt, P Collier, K Romans, L Romans 13-11; J Pearce, G Tricket, P Holland, C Coomber 13-17; D Davies, R Gallivan, A Collard, K Agius 19-14.

On Saturday, July 27, Sully Sports hosted runaway league leaders Beaufort, and following the 73-shot away drubbing three weeks earlier, they

feared the worse, but went down on aggregate by only six shots, taking one rink and coming close on two others. The Sports can be proud of their efforts, as Beaufort had won all their previous seven games, with maximum points in six of them, and dropping only one rink in the seventh fixture.

Aguis' rink lost the opening two ends, then took control with excellent bowling from all four rink members, to ease away to a handsome 24-12 victory.

K Romans' rink had a steady start, and were never behind until the 'unlucky 13th' saw the visitors grab the lead.

They fought back, and a four on the 19th end gave them a one-shot lead, but the visitors took the last two ends for a narrow, well-fought 19-17 win.

C Coomber's rink won half of the ends, but although the scores were level after 12 ends, the visitors blitzed the last nine to take a 27-14 victory, which proved to be so significant in the overall aggregate result.

G Brown's rink fared poorly for 13 ends, but their fightback proved too little too late, as a very strong Beaufort rink did just enough to secure a 21-19 win.

Rink scores: A Thompson, B Knight, B Whyman, G Brown 19-21; J Pearce, P Collier, G Currie, C Coomber 14-27; D Austin, G Tricket, A Collard, K Agius 24-12; D Davies, L Adams, K Romans 17-19.

Next Saturday, August 3, Sully Sports travel to MacKintosh in the PG1s, and on Wednesday, August 7, host arch-rivals Barry Athletic in the Munro Cup. **MS**

Latest results from Barrivale

RESULTS of Barrivale Bridge Club for July 23 are as follows.

First, Tim Barsby and Jenny Vaughan 64.88 per cent; second, Debbie Richards and Noelle Bond 60.71; third, Philip Bottrill and Carol Cochlin 57.74.

The handicap winners were Philip and Carol.

As always, new members at the club are always welcomed and a partner may be arranged, if required.

If you would like to join us please telephone

01446 735592 or call at the Pioneer Hall, Beryl Road, Barry at 7pm on Tuesday evening.

Players inexperienced or new to bridge continue to play on Friday mornings at 10am at the Pioneer Hall for lessons and assisted play.

On Thursday afternoons there is an assisted play from 1.30pm - 4pm at the Barry Uniting Church, Heol y Llongau, Barry, CF634AP (the waterfront).



Barry Town United face tough opposition as pre-season preparations ratchet up

Barry Town United will host a special double-header at Jenner Park this weekend, with Gavin Chesterfield's squad pitted against two former Welsh Cup finalists within the space of 24 hours.

On Friday evening (August 2), Barry will welcome a Swansea City XI in a 7.45pm kick-off, before entertaining Hednesford Town of England's Southern League at 2.30pm the following afternoon.

While more widely known for their rivalry with neighbours Cardiff, Barry's history with the Swans stretches over a century, with both formed in 1912, as Barry AFC and Swansea Town respectively.

Notably, Swansea were the first ever to score a win over newly-formed Barry, winning 5-0 at the Vetch Field



ABOVE: Eli Phipps converted his second penalty in as many friendlies.

in September 1913, having already claimed their first of 10 Welsh Cups that spring.

In 1983-84, Barry and Swansea contested a Welsh Cup quarter-final at Jenner Park, with over 3,000 spectators seeing Phil Green (father of today's midfielder Clayton) hitting the target in a 1-1 draw. Despite Phil McNeil's extra-time effort, Barry were edged out 2-1 in the Vetch Field replay,

while Swansea prevailed in a pair of two-legged semi-finals, triumphing 4-1 in 1989 and 3-2 in 1991.

As it happened, 1991 would be the last year that Swansea took the Welsh Cup, with a side that featured former Wales boss Chris Coleman, as well as goalkeeper Mark Kendall (father of Lee) recording a 2-0 final victory over Brian Flynn's Wrexham at Cardiff's former

National Stadium.

It is the following campaign that ties this weekend's double-header together, a season where, as Barry and Swansea slipped to exits at the hands of Aberystwyth Town and Cardiff City respectively, a non-league team from Staffordshire somehow made it all the way to Wales' showcase cup final. Hednesford were far from the first England-based team to compete in

the Welsh Cup, with the likes of Bristol City, Kidderminster Harriers and various others trying their luck across the prior century.

However, the Pitmen's Welsh Cup heroics of 1991-92 saw them become the first English club to kick a football at Wales' national ground, a feat not replicated until the build of the Millennium Stadium. More than fans

watched the final in Cardiff, where the Pitmen were beaten 1-0 by Eddie May's Cardiff City, ending this chapter in the Midlands club's history. Among those in the Bluebirds' victorious line-up that day, a 20-year old Damon Searle, who won Welsh League championship honours with Chesterfield's Barry, more than 20 years later.

Today's Hednesford Town team are preparing for a season in the Southern League's Central Premier Division, having switched from the Northern Premier League in the summer. Since their famous day Barry head into their matches with Swansea and Hednesford off the back of two successive victories. Opponents Pontypridd Town brought a number

of familiar faces to Barry, including the recently-departed Louis Gerrard, as well as former favourites Lee Baldock, Tyrrell Webbe and Kareem Leigh.

However, it was former teammate and Barry captain Jordan Cotterill who opened the proceedings in the 17th minute, before Pontypridd drew level from the penalty spot, with Luke Gullick converting.

After hitting the post, Jack Compton helped Kayne McLaggon to score moments before the break, only for Ponty's Gullick to head themselves on terms again, in the depths of first-half stoppage time. Compton and McLaggon connected again to make it 3-2, only for Gullick to seal his hat-trick, slotting past George Radcliffe after the Cardiff City

loan goalkeeper initially saved Gullick's second penalty. Then, moments after the hour, Jonathan Hood provided the match's stand-out moment, showing fine technique and deliberate power to blast an unstoppable effort into the Pontypridd Town net.

With half a dozen substitutes now in play, Barry made it 5-3 in their favour as striker Eli Phipps converted from the spot, before Drew Fahiya wrapped up the match at 6-3.

Then, on Saturday, STM Sports replaced Llanelli as Barry's friendly opponents, with Nana Baah's second tier outfit putting in a good showing in warm weather, en route to an eventual 2-0 loss. In the highlights of another competitive warm-up, Keyon Reffell picked

his spot and curled home a fine effort to break the deadlock in the 37th minute, before Phipps fired home his second penalty in as many matches, as Radcliffe and Mike Lewis oversaw an encouraging clean sheet at the other end.

The prospect of professionals from Swansea should provide a tougher challenge on Friday night, but Barry will have certainly gained from their two recent outings, with their competitive season now on the horizon. With manager Chesterfield expected to cast an eye over his full squad this weekend, faces old and new will have their chance to stake a claim for a starting berth, but strength in depth could well be key, as the campaign prepares to begin.

Ashley Cox

Cuddihy shows 'impressive form' for Sully Centurions Cricket Club

SULLY Centurions Cricket Club played host to Newport III at Burnham Avenue and ran out comfortable winners by 7 wickets.

After winning the toss, skipper Rhett Jones put the visitors in. This proved to be a good decision as the first wicket fell with just 8 runs on the board.

This set the tone for the innings, with wickets falling at regular intervals. At 60 for 6 things were looking bleak for the visitors, but Raza (44) and Farid put on 41 to take the score to 101 before Farid fell, having contributed 22 runs.

Then normal service was resumed and the innings closed with the score on 135 all out.

Opening bowler Nathan Cuddihy continued with his recent run of impressive form, returning figures of 3 for 20 off his 9 overs. There were two wickets apiece for Lloyd Bruce, Ricki Griffith and Rhett Jones, with one for Gareth Thomas.

Calum Thomas took five catches behind the stumps in an impressive performance by the home side.

After tea, Centurions went

about their business swiftly. After the loss of Patrick Lane for 12, with the score on 36, Rhett Jones (46) and Dan Chaulk (51) took Sully to the brink of victory before both fell to the bowling of de Silva.

It was left to Gethin Hicks (6 not out) and Calum Thomas (11 not out) to see Centurions home in the 24th over. For Newport, de Silva, with 2 for 11, was the standout bowler.

Sully Centurions 137-3 Newport III 135 all out.

The Second XI travelled to Comtown to face league leaders Vale CC.

After winning the toss, Vale batted first and had reached 30 when Jake Griffith took the wicket of Kelland for 13. It was 45 for 2 when Griffith again struck, this time the victim was Andrews (22). Nick Jones chipped in with a wicket when Merry was trapped lbw for 14 with the score on 72. It became 88 for 4 when Francis became Griffith's third victim, going for 22.

This brought together Sheppard and Clewley, who transformed the innings with an impressive partnership of 104 for the fifth wicket. Clewley eventually departed for

a well made 68, when he was bowled by Pete Beddard.

A couple of late wickets for Beddard and Jason Hicks brought the innings to a close on 204 for 7. Sheppard was the not out batsman, narrowly missing out on a half century by one run.

The Centurions innings got off to the best of all starts with openers Kieron Ferriday and Jason Hicks finding the boundary with regularity. The partnership was to reach 160 before Hicks was bowled for a 63 by Merry.

Ferriday was eventually out for a well made 80, being caught behind off the bowling of Kelland with the score on 188. Nick Jones (23 not out) and Dave Morgan (6 not out) took Centurions to victory in the 37th over.

Vale II 204-7 Sully Centurions II 207-2

This Saturday, the first XI play Vale first XI (away) and the Seconds host Christchurch.

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